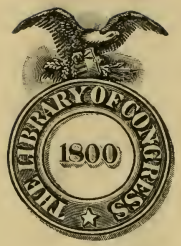
The Church Cook Book



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THE

CHURCH COOK BOOK

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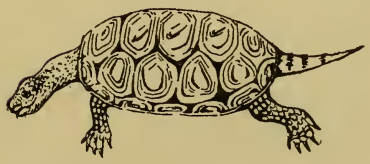

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PREFACE

The need of a cook book, which has the merit of embracing terse, easily understood receipts, has been emphasized. With this object in view THE CHURCH COOK BOOK is placed before the public for its approval. In its pages will be found numerous valuable receipts which have never hitherto appeared in print. Receipts from other sources which appealed to the compiler of being of special service to the users of cook books have been inserted, and acknowledges obligation for some of these to Mrs. Sarah Tyson Rorer, Miss Ellen L. Duff, the Baltimore Sun and Harper's Bazar.

A Classified Alphabetical Index makes an easy reference to any receipt in the book.

THE PUBLISHERS.

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SOUPS

Fresh, canned or dried vegetables may be used for soups. Dried peas, beans and lentils have a higher nutritive value than meats or the best cereals so far as composition is concerned, being especially rich in proteid and starch. Vegetable proteid, however, on account of the cellulose which accompanies it, is less readily digested than the proteid of meat. The tough skins of dried peas and beans, etc., are wholy indigestible. The proteid of peas, beans and lentils is called vegetable casein from its resemblance in many respects to the casein of milk.

Peas, beans and lentils have a small proportion of fat, therefore it is usual to add it in some form. They should be soaked in cold water several hours, and long cooking is needed to soften the cellulose and develop the flavor. A small quantity of cooking soda (bicarbonate of soda) added while cooking will soften them more quickly, but too much will injure the flavor. Vegetable soups are thickened with flour to prevent the separation of the thicker and thinner parts of the soup.

Agate or porcelain kettles should be used in making soup. In meat soups the salt should be added at first to aid in extracting the juices in meat and cause the scum to rise. Allow 1 quart of cold water and a teaspoonful of salt for each pound of meat.

Split Pea Soup

½ cup split peas
1 quart cold water
½ small onion
2 tablespoonfuls butter
1 tablespoonful flour
1 teaspoonful salt
pepper
1 or 2 cups hot water or milk

Pick over and wash the peas. Soak 8 to 12 hours or over night in cold water. Drain off the water, and cook peas and onion in

1 quart of water until soft. Press through a strainer, and add butter and flour cooked together. Add seasoning, and thin with hot water or milk, and reheat. Peas will not soften in salted water, so salt should not be added until they are cooked. A small piece of fat salt pork or a ham-bone may be cooked with the peas, and if so, the butter may be omitted. Lentil soup may be made as directed for split pea soup.

Baked Bean Soup

2 cups baked beans
3 cups water
¼ onion
1½ cups tomatoes
1 tablespoonful butter
1 tablespoonful flour
salt and pepper to taste

Cook beans, onion and tomatoes in the water 15 minutes. Mash and strain, and add remaining ingredients as directed in split pea soup.

Potato Soup

1½ cup mashed potatoes.
2 cups milk
1 cup water
½ small onion
2 tablespoonfuls butter
2 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful celery salt
sprinkling white pepper
1 teaspoonful finely chopped parsley

Freshly boiled or cold mashed potatoes may be used. Add onion to milk and scald; add the mashed potatoes to the milk. Melt the butter, add the flour and a little of the potato mixture; boil 5 minutes, combine with remaining potato mixture, add seasoning. Strain, reheat and add parsley. Serve with croutons or crisp crackers.

Bean Soup

Soak 1 pint of beans over night in ½ gallon water, in which they are to be cooked. In the morning put on the stove, adding water as needed, with 1 pound of middling. Boil until beans

are very soft, then remove the bacon, and press the beans through a sieve. Add salt and thicken with a tablespoonful flour.

Gumbo Soup

Cut up a spring chicken in small pieces, also a small slice of ham. Put into a pot with a heaping spoonful of lard; wait until the lard is hot enough to fry these. When fried add gumbo cut in small pieces, add 1 or 2 large tomatoes and a spoonful of flour. Now cover the whole with water and let it simmer over a slow fire. Season the whole highly. Salt to the taste. Should be eaten with boiled rice, served in the soup plates.

Chicken Soup

Cut up 1 old chicken; put on in 2 quarts of cold water and salt. Let this boil ½ hour; then push back and simmer until chicken is tender; then take off the soup and strain, and if there is much grease, skim it. Put back over the fire with ½ cup of rice and a teaspoonful salt, and cook until the rice is soft. Serve with croutons.

Egg Noodles for Soup

Beat up 2 eggs light, add 1 tablespoonful of melted butter, and as much flour—into which 1 teaspoonful of baking powder has been mixed—as will make a stiff dough. First roll out thin, then roll up tightly, cut in very fine slices and throw into boiling soup.

Clam Soup

To 1 quart of clams and a pint of their liquor add 3 pints of water, a small teaspoonful of butter, a few whole peppers, ½ slice of bread, and salt. Cover it close. Stew for 1 hour, then strain, thicken with a little flour; just before serving stir in ½ pint of cream. Serve with croutons.

Crab Soup

meat of 6 hard crabs
1 quart fresh milk
2 tablespoonfuls of butter
2 small tablespoonfuls of flour to taste
salt and pepper to taste

Put crabs and milk in kettle, stir in butter and flour, which has been previously worked smoothly together and boil 15 minutes.

Terrapin Soup

Four quarts of water to 4 terrapins. First scald them, peel skin, take them out of shell, and cut them up for stewing. Put in water, and when it boils clear, put in 2 onions, a slice of bacon, ½ teaspoonful of allspice; a scant ½ teaspoonful of mace, 1 teaspoonful of pepper, a little thyme and parsley. Brown a little flour, and stir in 1 tablespoonful of butter just before serving. After it is in the tureen add the yolks of 2 eggs in butter; wine if you use it.

Eggs for Terrapin or Turtle Soup

Beat the yolks of 3 hard-boiled eggs in a mortar, make into balls, using the yolk of a raw egg to form a paste. Drop in boiling water to harden for 2 minutes.

Bisque of Lobster

meat of one boiled lobster, or a can of preserved lobster
1 quart of milk
1 quart of boiling water
½ cup rolled cracker
4 tablespoonfuls of butter
pepper (cayenne) and salt

Pound the coral and other soft parts of the lobster to a paste, and simmer 5 minutes in the boiling water; then rub through a collander back into the water. Cut the rest of the lobster meat into dice, and put into the saucepan with the cracker crumbs. Pour the red water over them and heat to a boil; then add pepper,

salt and butter. Simmer, covered, ½ an hour, taking care it does not scorch. Heat the milk, with a pinch of soda in another vessel, and after the lobster is in the tureen, pour this in, boiling hot. Pass sliced lemon with it.

Oyster Soup

1 quart of oysters
1 quart rich milk
1 teacupful of hot water
2 tablespoonfuls butter
1 tablespoonful flour
pepper and salt

Strain all the liquor from the oysters, add water; heat; when near boiling add the seasoning, flour (mixed in water), then the oysters. Cook about 5 minutes from the time they begin to simmer, until they curl at the edges. Stir in the butter; cook 1 minute and pour into the tureen. Stir in the boiling milk and send to the table.

Bouillon

a large beef shin
2½ gallons water
2 bunches soup herbs
1 small onion
3 stalks of celery or use celery seed
to taste

Boil all down to half the quantity; add salt, dash of cayenne, strain, and when cold skim off the grease. When to be used, put on the fire with shells and whites of 3 eggs, and boil until clear. Color with caramel and pour through a flannel bag.

Caramel

Take a large spoonful of brown sugar, put it in a frying pan over the fire; let it melt, add about ½ pint of water, and let it boil. One large spoonful will brown soup.

Potato Soup

Cut 4 large potatoes into small pieces. Boil in 3 pints water, with salt and pepper to taste. When the potatoes are done, add

1 tablespoonful of chopped parsley, 1 tablespoonful of flour made smooth in milk, and 1 tablespoonful of butter. Boil 2 or 3 minutes, add 1 pint of fresh milk, let come to the boiling point, and serve.

Corn Soup

Ten ears corn, grated, put in the kettle with the cobs and 1 quart of salted water, boil for 10 minutes. At the end of that time remove cobs, add 1 quart of sweet milk, small lump of butter, season with salt and pepper and cook 10 minutes longer. Serve with browned crackers.

Tomato Bisque

1 can of tomatoes
2 cups of boiling milk, with ½ teaspoonful of soda stirred in 1 tablespoonful sugar
1 tablespoonful of flour
2 tablespoonfuls of butter rubbed in
pepper and salt
handful of dry bread crumbs
1 cup boiling water

Put tomatoes over fire, boil ½ hour, strain and rub through a colander. Boil milk in another kettle, stir in butter and flour, and after one boil, keep hot. Add pepper, salt, sugar and soda to the tomatoes; simmer 5 minutes, pour into tureen, stir in crumbs, and lastly the thickened milk. Serve at once.

Cream of Celery

4 heads of celery
1 pint of water or 1 pint of soup stock
1 tablespoonful of butter
1 cup of milk
pepper and salt
1 teaspoonful of flour wet in cold milk

Scrape and cut celery in 1-inch lengths. Cook 15 minutes in hot water; drain and add stock; stew gently until celery is soft; put through a colander into the soup; season and return to fire.

Boil up; pour into the tureen; add cup of boiling milk thickened with the flour.

Beef Stock for Soups

Put a shin of beef in 1½ gallon water; simmer all day; do not add seasoning; cool; remove fat. Use for either soups or gravies.

Okra Soup

Take a piece of shin; if you have it, a ham bone. Pepper and salt the shin and dredge it with flour. Put it with 2 onions and a bunch of parsley in the kettle, add 1 gallon of water and boil until meat is tender. Strain, return to the kettle, add 1 dozen peeled tomatoes and ¼ peck of green okra, cut in slices, and 3 ears of corn cut carefully from the cob.

Duchess Soup

1 quart milk
1 sliced carrot
1 sliced onion
2 tablespoonfuls butter
2 tablespoonfuls flour
1 tablespoonful grated cheese
2 eggs, yolks only
1 blade mace

Put milk, carrot, onion and mace to cook in a double boiler; cream butter and flour, over which slowly strain the hot milk; add cheese, and stew 3 minutes. Beat the eggs well, and pour hot soup over them. Season with salt and pepper. Serve at once.

Pepper Pot

3½ pounds beef
1 onion
small piece of lady-finger pepper
1 teaspoonful salt
1 quart potatoes (cut small)
1 tablespoonful sweet marjoram

Put the beef in the pot, second cut from the shoulder, trim off all fat and boil about 3 hours, with the onion and pepper. About ½ hour before serving remove meat, cut in small pieces

and put about 1 pint back, with the potatotes. Just before serving add some dumplings. Boil 1 minute.

Dumplings

1 lump butter size of an egg
1 lump lard size of an egg
2½ tablespoonfuls flour
½ teaspoonful baking powder
pinch salt

Moisten with a little milk or water; take small pieces, roll on board with your hands, in rolls a little thicker than a lead pencil, and cut in small pieces.

FISH

To Boil Rock Fish

Take a good-sized fish, clean, season with salt and pepper and wrap in cheese-cloth. Have ready a large kettle containing boiling water, place the fish in the water, and keep very hot, but do not boil. Cook until the flesh will separate easily from the bones. Lift the cloth carefully, drain, and place fish on hot platter. The skin may be removed. Serve hot with a sauce.

Sauce for Boiled Fish

2 tablespoonfuls butter
2 tablespoonfuls flour
1 egg
1 pint of water in which fish was boiled
½ teaspoonful salt

Mix butter and flour, add water and egg; let boil until a thick cream, stirring until smooth. Garnish with hard boiled egg, sliced, and a few sprigs of parsley.

Creamed Fish

Separate bones and skin from cooked fish. Heat the fish in thick white sauce. Serve plain or on toast.

White Sauce

2 cups milk
2 tablespoonfuls butter
white pepper to taste
3 tablespoonfuls flour
½ teaspoonful salt

Scald the milk; melt butter in a saucepan, and stir in the flour; add the hot milk, one-third at a time, each time stirring thoroughly until smooth; before adding more milk let it boil

1 minute, stirring constantly; add salt and pepper, and serve hot. If not used at once, cover to keep scum from forming.

Baked Shad

Take off the head, and, without cutting open, draw and clean the fish. Stuff with dry stale bread crumbs, into which has been mixed 1 onion, cut thin and fried in butter; 2 ounces butter, salt, pepper, and 1 teaspoonful each of nutmeg, parsley, and the well beaten yolks of 2 eggs. Salt and pepper the fish, put in a baking pan with a little water, and bake until done.

Scalloped

Break into small pieces 1 can of salmon, or 2 cups of cooked fish; moisten with thin white sauce or tomato sauce, into the fish mix 2 or 3 hard-boiled eggs, chopped fine. Stir all together, cover top with bread crumbs and small pieces of butter. Bake until crumbs are brown.

Fish in Aspic

Add a tablespoonful lemon juice or vinegar to a large cup of hot water, heat with salt, pepper, a slice of onion, and a sprig of parsley; dissolve a tablespoonful of gelatine in cold water, and pour the hot water over, strain and pour on 2 cupfuls of cold cooked fish; mix well, put into a mold, and set on ice; turn out on a cold dish and surround with lemon slices and parsley. Lamb may be prepared in the same way, adding a little mint if you choose.

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Fish Hash

Combine equal parts of mashed potatoes and cooked fish, season to taste, and brown in smoking hot fat.

Butter Dressing for Fish

4 tablespoonfuls of butter
¼ teaspoonful salt
¼ saltspoon pepper
dash of cayenne
1 tablespoonful chopped parsley
1 tablespoonful lemon juice

Put the butter in a bowl, rub until creamy; add salt, pepper and parsley; then the lemon juice very slowly. The parsley may be omitted.

Broiled Fish

Small fish may be cleaned and broiled whole, or they may be split down the back, the halves being separated or not, as preferred. Large fish are cut into slices for broiling.

For broiling, all fish should be wiped as dry as possible, and sprinkled with salt and pepper. Lean fish should be rubbed with melted butter or other fat, and the broiler should be well greased.

The general rules for broiling fish are similar to those for broiling meat. The outside should be seared as quickly as possible by holding the broiler close to the heat, and the inside should then be cooked more slowly by holding the broiler farther away. Fish should be broiled on the flesh side first, then turned and cooked on the skin side long enough to make it crisp. Slices of fish should be turned frequently while broiling, and all fish should be well done, and served as soon as cooked.

Salmon Loaf

1 can of salmon, chopped fine
½ cup fresh bread crumbs
3 eggs
salt, butter and pepper to taste

Mix all together, put in a pan, and set the pan in the oven in pan of hot water to bake. Bake ½ hour.

Creamed Cod Fish

One box of shredded cod fish, soak over night. Boil ½ hour, pour off water, add 1 pint of milk, 2 tablespoonfuls of butter, 1 egg, 1 tablespoonful of flour rubbed smooth in the eggs. Let boil until it thickens.

Cod Fish Balls

One box shredded codfish, add twice the quantity of mashed potatoes, prepared with 1 tablespoonful of butter, 1 cup of cream or milk, 1 saltspoonful of pepper; beat very light, mold into balls, and fry in hot lard until a light brown.

Sauce for Fish

Reduce the yolks of 2 hard boiled eggs to a smooth paste; add 2 tablespoonfuls of olive oil, 1 saltspoonful each of mustard and pepper, vinegar to taste.

Lobster Cutlets

2 cupfuls of lobster, chopped fine
1 cupful of milk or cream
2 tablespoonfuls of butter
1 tablespoonful of chopped parsley
2 tablespoonfuls of flour
yolks of 2 eggs

Scald the milk, rub the butter and flour together until smooth, and stir in the hot milk. Add the yolks of the eggs, beat light, take from the fire, and pour over the lobster, mixing gently. Season with salt, cayenne pepper and parsley. When cool form into cutlets, cover with egg and bread crumbs, and fry in hot lard.

Lobster a la Newburg

1 quart of lobster
1 pint of cream
3 egg yolks
1 teaspoonful salt
pinch of cayenne pepper

Put cream and beaten yolks together in a saucepan and cook until it thickens. Put in the lobster, and let it become thoroughly heated. Season and serve.

Salmon Croquettes

1 can salmon
2 raw eggs
1 tablespoonful of butter
yolks of 2 hard-boiled eggs
½ cup of bread crumbs

Mince the fish; work in the butter, slightly warmed, the "powdered" yolks, raw eggs, and finally the crumbs. Form into pyramid shaped croquettes. Roll in dish covered thickly with flour and fry in hot fat.

Deviled Crabs

12 fresh, heavy crabs
yolks of 4 hard-boiled eggs
½ pint of cream
2 tablespoonfuls of flour
1 tablespoonful of butter
¼ tablespoonful of nutmeg
1 tablespoonful of chopped parsley
salt and cayenne pepper to taste

After removing spongy fingers and stomachs, pick out meat and fat from shell and meat from claws. Put on cream to boil, rub butter and flour together and add to boiling cream; stir and cook 2 minutes; add crab meat, yolks of eggs mashed fine, parsley and spices. Clean the shells, fill with the mixture, brush over with beaten eggs. Cover with white soft bread crumbs, and brown in a quick oven.

Soft Shell Crabs

To clean: cut off the heads, remove the stomach, raise the ends of the shell and remove the spongy fingers; take off the pocket-lap on under shell; have ready a pan in which are melted equal quantities of lard and butter; put in the crabs, shell uppermost; pepper and salt well, turn 3 or 4 times until the crabs are a soft brown. Garnish with parsley and lemon cut into quarters. Pass sauce of tartare in a separate dish.

Sauce a la Tartare

Three teaspoonfuls of French mustard; yolk of 1 egg; ½ cup of olive oil; ½ bottle of capers; pepper to taste, and a little onion sliced fine.

Stewed Oysters

1 quart of oysters
1 cup of milk
butter size of an egg
salt very slightly and pepper to taste

Drain the liquor from the oysters into a saucepan and heat to a boil. Put on the milk in another vessel, set within a pan of boiling water. When the liquor in the sauce pan boils, put in oysters, stew until the edges ruffle. Stir in butter, dissolve, pour in tureen, add the boiling milk, and serve.

Oyster Pates

1 quart of oysters, cut fine with kitchen scissors
butter size of an egg in a cup of cream thickened with a teaspoonful of flour previously moistened with cold milk
salt and pepper to taste

Drain the liquor from the oysters, cut as directed. Boil the cream, thickened, dissolve the butter, add the oysters, stew several minutes, stirring all the while. Put in the shells, heat in the oven a few minutes, and serve.

Scalloped Oysters

1 quart of oysters
1 cup of bread crumbs
2 tablespoonfuls of butter
½ cup of cream
season with salt and pepper

Cover the bottom of a baking dish with crumbs, moisten with the cream, dot with pieces of butter. Season with pepper and salt, add the oysters, with a little of their liquor, and cover with crumbs, seasoned and butter, cook with a cover, then remove cover and brown.

Broiled Oysters

1 quart of the finest, firmest oysters
½ cup of melted butter
pepper to taste

Butter a wire broiler, lay in the oysters, hold them over a clear fire, turning them until they look plump and the edges curl;

butter and pepper a hot dish, lay on the oysters. Serve immediately.

Broiled Oyster, with Brown Sauce

1 quart of oysters
1 cup of milk
2 tablespoonfuls butter
3 level tablespoonfuls flour
pepper and salt

Stir butter in pan until a light brown, add flour, stirring constantly, then milk gradually. Season and stand in a pan of hot water until needed. Prepare oysters, according to recipe above and add them to the sauce.

Fried Oysters

Select the largest and finest oysters you can procure, lay them on a clean cloth, picking them up by the heart, so as not to tear them, and pat gently with another cloth to dry them. Beat an egg light, stir in tablespoonful of cold water. Dip the oysters in the crumbs, then in the beaten egg, and then in the crumbs. Fry them in deep, hot fat, in wire basket, drain on brown paper. Sprinkle with salt and pepper. Serve on a hot dish.

Spiced Oysters

2½ quarts of oysters
1 full pint of liquor
½ pint vinegar
2 teaspoonfuls salt
1 level tablespoonful each of whole mace, allspice and white pepper
1 dessertspoonful whole cloves

Put half of the vinegar, the salt and liquor on the stove together, when it boils, skim, then put in spices and when that boils add the oysters. Be careful not to let them burn; let them stay on until the oysters plump and the edges curl. Put the oysters in a jar, and when the liquor is quite cool pour it over them and stand 24 hours. Just before serving add the rest of the vinegar.

Oyster Pie

Line a pudding dish with a rich pie paste. Drain the oysters and put them in layers, seasoning with pepper, salt, and a little mace, with a few dots of butter. Add about half as many sliced mushrooms and continue until the dish is full. Pour in the oyster liquor with a little cream, cover with crust, and bake until brown.

Oyster Cocktail

Put 6 large oysters into a cocktail glass, add a saltspoonful of horseradish, 1 teaspoonful tomato catsup, 3 drops tabasco sauce, 10 drops of Worcestershire sauce, ½ teaspoonful lemon juice, ½ teaspoonful salt. Mix well together. Serve ice cold. This may be served with the shredded meat of lobster.

Oysters, Deviled

Clean, drain, chop slightly 1 pint oysters. Cook ¼ cupful butter, ¼ cupful flour and ⅔ cupful milk which have been well mixed. When the sauce bubbles, remove from the fire and add 1 egg yolk, season to taste with salt, cayenne pepper, lemon juice, and ½ tablespoonful chopped parsley. Bake in ramekins with crumbs and butter.

Terrapin

Put the terrapin in boiling water 10 or 20 minutes, then change to another pot of boiling water and boil until the scales on the back slip readily upon pressure of the finger. To prepare for dressing, place it on its back and remove the undershell; in the center of the breast will be observed a small purplish looking sac, embedded in the liver, carefully remove this substance with a knife, being careful not to cut or break it, as it is the gall. Cut up the entrails and liver with the other meat, and place in a chafing dish. When the lamp is lighted put in a ½ pound of

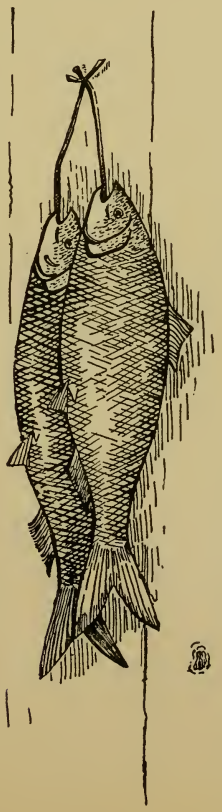
butter cut up, then add pepper and salt; let simmer gently till butter is melted, keeping the dish covered, except when stirring.

Baltimore Sun.

Horseradish Sauce

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cup fish liquor or milk
1 tablespoonful horseradish
1 egg yolk

Mix the butter and flour, add the fish liquor or milk and bring to a boil; season just before serving with the horseradish and the well-beaten yolk. Pour over boiled fish.



MEATS

The methods of cooking meat vary according to the object in view, which may be to extract the juice as in soups, broths and beef tea; to retain the juice, as in boiling, roasting, frying, etc., or it may be a combination of both these methods, as in stews, where it is desired to retain part of the juice in the meat, and to extract part of it, to enrich the gravy.

The meat which is strained from beef tea, broth, etc., has little or no flavor, according to the size of the piece and the length of time it has stood in the water. The chief muscle-proteid remains in the meat after the soluble albumen, etc., has been extracted; therefore this meat, although lacking in flavor, still contains considerable nutriment. If combined with fresh meat or vegetables and well seasoned, this tasteless meat may be made palatable as well as nutritious.

Meat should be removed from the paper in which it is wrapped as soon as brought in from the store, as the paper will absorb the juice and may impart an unpleasant flavor to the meat.

In cooking meats for soups and broths place in cold water to extract the juice, and do not add salt until done.

Boiling

Meats, when the juice is to be retained, should be put in boiling water, salted, and allowed to boil 10 minutes, then remove to cooler part of the stove and simmer until tender.

Roasting

In roasting the juice should be kept in the meat. The oven should be hot; place on the shelf of the oven 10 minutes to harden

the albumen on the outside; remove to the floor of the oven; baste every 10 minutes.

Broiling

The object in this method of cooking is to keep the juice in the meat. The meat is first held over a clear fire 10 seconds, until the albumen on one side hardens. Then as soon as the juice begins to rise, the meat is turned and the albumen on the other side is hardened. Continue to turn the meat once in 10 seconds until cooked.

Stewing

Stewing is cooking slowly or gently a long time in a small quantity of water.

In stews, the meat and the broth, or the water in which the meat has been cooked, are served together, with or without the addition of vegetables.

In making a stew, the object is to cook the meat in such a way that part of the juice will remain in the meat, and part of it may be extracted, in order to flavor the gravy or broth. This may be accomplished by dividing the meat, after cutting into pieces suitable for serving, into two portions. The juice may be extracted by putting the first portion into cold water, and then heating slowly to the boiling point. The juice may be kept in the other portion by adding it to the first when the water reaches the boiling point, or by broiling, or browning in hot fat before adding it. The whole should then be cooked gently 3 hours, or until the meat becomes tender.

Tough meat is suitable for stews because it is juicy, and because by this long, slow cooking in water, it can be made tender. The tougher portions of beef, mutton, lamb or veal may be used. Meat with some bone and fat makes a richer stew than one made with lean meat only. Pieces of cold cooked meat may also be used.

Browning in smoking, hot fat helps to keep the juice in the meat, and also gives a richer flavor and color to the stew. The vegetables, also, are sometimes browned for the same reason, before adding to the stew. The pieces of meat are usually rolled in flour before cooking in the hot fat, to dry the surface, and thus make them brown more quickly. The flour also helps to thicken the stew.

The vegetables commonly used in stews are onions, carrots, turnips and potatoes. Tomatoes, also, are sometimes used, as well as string beans and green peas.

The usual seasonings are salt and pepper. Sweet herbs, parsley, a piece of bay leaf, one or two cloves, or a little catsup may be used to give variety, but care must be taken to use only enough of these materials to give a delicate flavor.

Dumplings are often served with stews.

The materials for a stew may be put into a covered pan or bean pot, and cooked in a moderate oven instead of on the stove, for the same length of time. This method is called braising. Besides braising, other variations of stewing are: the fricassee, smothering, pot-roasting, etc.

Pan Broiling

If not possible to broil meat it may be cooked in a dry hot pan. Fat is drawn from the meat in cooking and should be poured off from time to time.

Beef Juice

To obtain the pure juice of beef, heat in a double-boiler; press out the juice; do not add water; season with a pinch of salt.

Roast Beef

Buy tender beef, wipe the meat with damp cloth (do not wash); sprinkle with salt and pepper; put in hot roasting pan in hot oven for 15 minutes to brown outside. Then place on floor of the oven, cover the bottom of the pan with boiling water, and baste every 15 minutes until done. Allow 15 minutes for small roast per pound and 20 minutes for large.

Gravy

2 tablespoonfuls butter
2 tablespoonfuls chopped onion
3 tablespoonfuls flour
2 cups of water from meat
½ teaspoonful salt
⅛ teaspoonful pepper

Cook chopped onion in the butter until slightly browned, but not burned. Mix salt and pepper with the flour, and add onion; cook until the mixture begins to brown, then add the water gradually and stir constantly. Let boil 5 minutes and strain and serve in sauce-boat or around the meat. Cooked tomatoes may be used with the water from the meat and less onion if preferred.

Pot Roast

For this purpose take the chuck, cut off some of the fat and melt in a deep iron kettle. When hot, put meat in and brown on both sides, add 1 pint of boiling water, 1 teaspoonful of salt, cover and simmer until tender. Serve with brown gravy.

Brown Gravy

2 tablespoonfuls fat from roast
2 tablespoonfuls of flour
1 cup of water or stock
½ teaspoonful onion juice
½ teaspoonful salt
pepper

Brown fat and flour together, add liquid gradually, season, stir constantly and boil until smooth.

Beef Stew

2 pounds beef
3 tablespoonfuls of flour
2 onions, sliced
1 turnip
1 carrot
4 potatoes
water
salt and pepper

Beef from the neck, shoulder or lower part of the round may be used. Wipe meat with a damp cloth, and cut into 1½ inch or 2-inch cubes. Extra fat may be removed, and part of it heated to brown the meat. Put the poorer meat, as ragged, bony, gristly pieces, into a kettle; cover with cold water and heat to a boiling point. Heat the fat in a frying pan until smoking hot. Roll the more choice pieces of meat in flour. Put them into hot fat, and turn them until the surface is slightly browned. Brown the onions also, and put into the frying pan the rest of the flour, and if any remains after meat has been rolled.

Put the meat and onions into the kettle when water reaches the boiling point; rinse out the frying pan with a little of the water, and then return it to the kettle, which should be placed where the water will be kept very hot, but cannot boil. Cook slowly until meat is tender. Prepare turnip and carrot, and cut into thin slices. Three-quarters of an hour before stew is to be served, move kettle where water will boil and add turnip and carrot. Wash and pare the potatoes, cut into quarters, parboil 5 minutes, drain and add to stew; cook 20 minutes. Season to taste with salt and pepper, adding boiling water if necessary. There should be enough liquid to reach nearly to the top, but not to cover the vegetables. The stew may be thickened with flour if desired. Dumplings, if used, should be added 10 minutes before the stew is to be served. Place them so they will rest on top of the meat and vegetables. The stew should boil steadily during the 10 minutes required to cook the dumplings.

Dumplings for Stews

2 cups sifted flour
4 tablespoonfuls of baking powder
1 teaspoonful salt
¾ cup water or milk

Sift dry ingredients together; add liquid gradually. Drop the mixture by the spoonful on top of the stew. Boil 10 minutes without lifting the cover.

Hamburg Steaks

1 pound round steak
1 teaspoonful salt
1 small onion
1 tablespoonful chopped parsley

Season the steak with salt and pepper, then scrape or chop the meat, add onion, parsley, and mix thoroughly; make into small cakes, and broil on greased broiler. Serve with tomato sauce.

Broiled Steak

Wipe the steak with a damp cloth, remove the skin and bone; grease wire broiler with the fat, lay in the meat and broil over hot coals (turning constantly), from 5 to 8 minutes if preferred rare, and from 8 to 10 minutes if well done. Serve on hot platter with maître d'hôtel butter.

Maitre d'Hotel Butter

Cream ¼ cup of butter, ½ teaspoonful of salt, ½ saltspoonful of pepper, 1 tablespoonful parsley, and 1 tablespoonful of lemon juice. Serve on hot steak or broiled fish.

Stuffed Beefsteak

Pound well a flank or round steak, season with salt and pepper, sprinkle over 1 teaspoonful each of chopped onion, sage, parsley, and bits of butter. Have ready 3 or 4 mealy white

potatoes, mashed fine and beaten well with 1 egg; spread evenly over all, roll up tightly, fasten the ends and sides with skewer pins. Fry out some of the beef fat in a pan, into which put another teaspoonful of the chopped onion, a little pepper and salt and 2 cups of boiling water. Put the roll in and bake in hot oven about 2 hours, basting frequently.

Mock Duck

2 pounds of round steak
1 cup of bread crumbs
1 tablespoonful of chopped parsley
1 egg
1 chopped onion
1 teaspoonful salt
pepper

Grind the meat, add all the ingredients, mix well, add egg unbeaten. Mold into a roll, put into a greased baking pan, with a little water or stock, and baste frequently, bake 2 hours. May be served hot or cold.

Beefsteak Smothered in Onions

Cut the onions in slices, and fry in hot bacon fat for 15 minutes, add salt, pepper and a cup of boiling water, and simmer until a light brown; have ready a broiled steak, pour over the onions, set in the oven a few minutes, and serve.

Beefsteak with Mushroom Sauce

Stew the mushrooms in ½ cup water until tender, drain and let stand until cold. Then pour into them a cup of cream, or ½ cup of the water in which they were cooked, a tablespoonful of butter rolled in flour, 1 teaspoonful salt, a dash of cayenne; stew gently until perfectly done. Serve around the broiled steak. If the mushrooms are canned they need only be added to the cream sauce; stand over hot water for 10 minutes.

Frizzled Beef with Scrambled Eggs

Have the dried beef finely chipped, put on in cold water and boil 5 minutes; drain off the water and add enough fresh milk to cover the beef. Rub 1 tablespoonful each of butter and flour until smooth, and when the milk boils up add this to it. Have ready 3 well-beaten eggs, stir these in with a sprinkle of pepper, 2 minutes before taking from the fire. Serve hot on toast.

Frizzled Beef

Heat a good sized lump of butter in a skillet, add the beef, stirring constantly, sprinkle in 1 tablespoonful of flour, add slowly 1 pint of milk, stir until smooth and thick. Serve hot.

Stewed Kidney

Cut the white membrane and fat from a fresh beef kidney, slice it in small thin pieces; put in frying pan 2 tablespoonfuls of butter and let it begin to brown; put in the kidney and let it brown rapidly, add a heaping teaspoonful of dry flour and stir until the flour is brown, then pour in 1 pint of boiling water, salt and pepper (and if you prefer ½ teacupful of tomato catsup). Stir and cook until smooth and serve hot. It is not necessary to parboil kidney, the more quickly it is cooked the more tender it will be. Parboiling kidney makes it tough unless vinegar be cooked with it.

Kidney

Boil the kidney the day before you need them until tender and let them be in their broth over night. The next morning cut them in fine pieces; put in a stew pan with a little water, salt and pepper, 1 tablespoonful of butter and enough flour to thicken them a little. Let stew until boiling hot and add 3 tablespoonfuls of cream. Serve hot.

Sweetbreads

Wash the sweetbreads, parboil and cool. Rub 1 tablespoonful of butter in 1 of flour, add slowly 1 cup of milk, stiring constantly until smooth; season with salt and a dash of cayenne. Break the sweetbreads in pieces and add to the sauce, and stand in a pan over hot water. Serve over toast or in pâté shells.

Broiled Sweetbreads

Wash the sweetbreads, parboil and cool, cut in halves, sift a little salt and pepper over them; put in broiler, brown one side then the other. Serve on a hot dish; put a little melted butter on each piece.

Fricassee Cold Meat

1½ tablespoonfuls butter
1 tablespoonful flour
½ teaspoonful onion juice
1 cup water
1 saltspoonful salt
1 cup stock
pepper

Cut the meat in slices, season with salt and pepper. Put the butter in a frying pan, when it melts add the flour, stir until smooth, gradually add water and stock; season with onion juice, salt and pepper; simmer until smooth; add the cold meat and cook gently until thoroughly heated. Serve on toast on a hot dish.

Minced Meat on Toast

Prepare the toast, arrange on a hot platter, and keep hot. Remove gristle, fat, etc., from cold cooked meat. Chop the meat very fine, measure it and put into a saucepan; add 1 cup of gravy for each cup of meat. Season to taste with salt, pepper, and, if liked, with finely chopped or grated onion, or a few drops of onion juice, or a little Worcestershire sauce. Grated nutmeg may be added to lamb or mutton, if liked. Place sauce pan over

the heat, and stir until meat is heated. Pour over the hot toast and serve at once. The toast may be buttered or not, as preferred.

French Hash or Cottage Pie

Prepare the meat as directed for the meat on toast, and put it into a baking dish. Cover the top with a thick layer of well-seasoned mashed potatoes. Use a fork to form the potatoes into a mound, with the highest point in the center. Bake on the grate of a hot oven until the potatoes are slightly browned on top. More gravy will be needed than for the meat on toast, as part of it will be absorbed by the mashed potatoes.

Hash

Prepare meat as for cottage pie. Use equal parts of mashed or finely-chopped potatoes and meat; mix together and moisten with gravy, water or milk. Allow from a teaspoonful to a tablespoonful of liquid for each cup of hash. Use more liquid if the hash is very dry. Season to taste. Other vegetables besides potatoes may be added to give variety. Heat the fat in a frying pan until smoking hot. Use from a teaspoonful to a tablespoonful or more, according to the quantity of hash. Spread the hash evenly over the bottom of the pan, cover, and place where the hash will heat slowly until a brown crust is formed on the bottom. Slip a knife under the hash, fold over double, and turn out on a warm platter. The hash may be formed into small cakes, rubbed over the top with melted butter, placed on a buttered baking pan, and heat on the grate of a rather hot oven until slightly browned on top. The materials used in making hash may also be heated in a saucepan, with enough milk or gravy to keep from burning. Stir until heated thoroughly and serve at once.

Liver Saute

Wash and cut in thin slices, season with salt and pepper, dredge with flour, fry in butter, and when well browned stir in a tablespoonful butter, and gradually a cup of boiling water. Boil until it thickens and serve.

Calves Liver and Bacon

Cut the liver in thin slices, season with pepper and salt; put in the frying pan with some sliced bacon and fry them quickly. Put the meat on a hot dish, add to the essence left in the frying pan a little flour and boiling water to make the gravy, pour over it, then serve.

Veal Loaf

3 pounds of veal
2 slices of salt pork, finely chopped
3 eggs
2 tablespoonfuls of milk
10 crackers rolled fine
1 tablespoonful salt

Bake slowly about 2 hours. To be sliced when cold for tea or lunch.

Veal Cutlet

Trim the cutlets smoothly, sprinkle over pepper and salt, dip in beaten eggs, then in bread crumbs. Have ready the frying pan with hot lard; fry a light brown, turn and keep the pan covered, as veal must be thoroughly done. When perfectly done, place on hot platter; with a dredge sprinkle some flour in the lard, add 1 tablespoonful butter, a sprinkle of pepper, salt, 1 tablespoonful each of chopped onion and parsley. Pour over all 1 teacupful of fresh milk, stirring constantly. When it boils up pour over the cutlets and garnish with parsley.

Veal or Lamb Stew

Pieces from neck, the ends of the ribs, the shoulder of the leg may be used. The flavor of mutton or lamb will be more delicate if the tough membrane and fat surrounding the meat are removed before cooking. Wipe the meat with a damp cloth, and cut into pieces suitable for serving. Put the meat and a sliced onion into a kettle, cover with cold water, and heat quickly to boiling point. Reduce heat and cook slowly until tender. Remove meat to a hot platter, cover and keep hot. Thicken part of the water to make a sauce, pour over the meat and serve at once. Half a small carrot or turnip may be cut into dice and browned in fat and then cooked with the meat, if more flavor is desired. Half cup barley or rice may be cooked with the meat. The broth may be varied by flavoring with a tablespoonful of finely chopped parsley. The liquid may be thickened with flour, or the following sauce may be used.

Sauce for Veal or Lamb

1 teaspoonful sage
2 tablespoonfuls butter
3 tablespoonfuls flour
2 cups of meat broth or
1 cup of broth and 1 cup of milk
salt and pepper to taste

Combine materials as directed for white sauce.

Roast Mutton

Select tender meat. Take off the shank, wash well and let lie in salt water 20 minutes; then wipe dry and rub with salt and pepper; lay on the rack dripping pan; break the shank and put in the pan with 1 pint of boiling water, adding more pepper and salt; put in a hot oven and baste frequently to prevent it from being hard and dry. Roast 20 minutes to the pound—it must be perfectly done.

To Bake a Shoulder of Lamb

Have a pocket cut in the shoulder. With dry bread crumbs, a tablespoonful each of butter, finely chopped onion and chopped parsley, a sprinkle of pepper and salt, mix well together, fill the pocket. Put in a dripping pan with 2 cups of boiling water and brown.

Pan Broiled Chops

Heat the frying pan very hot. Trim the chops, remove fat and wipe the meat with a damp cloth. Put chops in the frying pan. When one side is seared, turn, and sear the other, then cook the inside more slowly; turn the chops frequently, but do not pierce them with a fork when turning. Cook from 6 to 10 minutes, according to thickness of chops. If necessary, stand the chops in the pan so that the edges may be cooked. Season with salt and pepper, arrange on hot dish and serve at once.

Curry of Lamb

4 cupfuls coarsely chopped lamb
4 cupfuls of stock, or hot water and butter or gravy
3 tablespoonfuls flour
1 tablespoonful lemon juice
3 tablespoonfuls butter
2 teaspoonfuls curry powder
salt and pepper to taste

Brown butter and flour together, add meat and curry powder and stir until brown; add stock, stir until sauce thickens; add the lemon. Serve in a border of boiled rice. Veal or chicken may be substituted for the lamb.

Mutton Reheated

Slice the mutton. Make a sauce of a green pepper, from which the seeds have been removed, butter the size of an egg, and 3 tablespoonfuls of flour, and a little minced onion. Cook this together until smooth, and then add 1 cup of stock and ½ cup

of tomatoes, strained; season with salt and pepper, and when it thickens add the meat. Serve hot.

Warmed-over Mutton

3 tablespoonfuls butter
3 tablespoonfuls flour
½ teaspoonful salt
¼ teaspoonful pepper
1 cup gravy
¼ tumbler currant jelly
1½ tablespoonfuls sherry
6 slices mutton

Brown the butter and flour; salt and pepper, and cook 2 minutes; add gravy. When thick, beat the jelly, and add; allow meat to heat, and add sherry.

Crust for Meat Pies

One quart of sifted flour, 3 tablespoonfuls of good firm lard well chopped in, 2½ cupfuls of sweet milk, 1 teaspoonful of soda, wet with a very little hot water and mixed in with the milk; 2 teaspoonfuls of cream of tartar, sifted into the dry flour; little salt; work quickly, and do not make very stiff.

Yorkshire Pudding

Beat 3 eggs very light. Add 1 teaspoonful of salt and 1 pint of milk. Sift ¾ cup of sifted flour, pour in a little of the milk and eggs, and mix perfectly smooth; add the remainder and beat well. Raise the beef on to a rack, pour in the pudding so that as much of the dripping as possible will fall on it, and cook until done, nearly 30 minutes. Cut in squares and serve on the platter with the beef.

White Sauce

White sauce is used as the basis of many sauces and gravies; it may be made of milk, cream, or milk and water, thickened with flour or cornstarch, combined with butter; the usual sea-

sonings are salt and pepper. The proportion of flour to each cup of liquid varies from 1 to 2 tablespoonfuls; the proportion of butter from 1 teaspoonful to 2 or more tablespoonfuls, according to the use to be made of it. One-fourth teaspoonful of salt is the usual quantity for each cupful of sauce, a little more being used if the amount of butter is small. Pepper is added according to taste. By substituting sugar and flavoring for salt and pepper, a simple pudding sauce may be made.

Methods of combining the materials for white sauce:

First Method. Substitute milk for water, and mix as for starch or flour paste; add butter, salt and pepper when cooked.

Second. Melt the butter, and add all the flour; when well mixed, add the hot liquid, one-third at a time, each time stirring until perfectly smooth before adding more liquid.

Third. Warm the butter until soft, and blend the flour with it thoroughly; add all the liquid at once, and heat, stirring constantly, until it boils 5 minutes. In the latter two methods, the seasoning may be mixed with the butter and flour, or added at the last.

The first method takes longer, but it is preferable when sauce is to be used for those with weak digestion, as the cooking of butter is thought to render it less digestible.

Mint Jelly

Use apples that make a light jelly, cut but do not pare; remove seeds and cores, cover with water, let boil slowly until tender; strain through a jelly bag, do not squeeze. Put the juice back and heat, and to each pint of juice allow $\frac{3}{4}$ pound of sugar that has been heated in the oven; boil about 20 minutes. When ready to put in glasses allow for each pint of juice, 7 drops of green coloring matter (made from spinach) and 3 drops of oil of

spearmint dissolved in 1 tablespoonful cold water. Pour into glasses boiling hot.

Tomato Jelly

1 lemon
sugar
½ teaspoonful each of cinnamon, cloves, allspice

Peel and cut tomatoes, and to each pound add the juice and grated peel of a lemon. Boil together until tomatoes are soft and strain through a jelly bag, and to each pint of juice allow 1 pound sugar. Heat the juice, add the heated sugar, put the spices in a bag and boil gently until it jellies; put in glasses and when cold seal. Serve with cold meats.

Mint Sauce

¼ cup finely chopped mint leaves
1 tablespoonful sugar
½ cup vinegar

Wash the mint leaves, drain, and chop very fine. Mix sugar and vinegar, and add the mint leaves. Let stand 15 to 20 minutes in a warm place before serving.

Tomato Sauce

1 can tomatoes or 1 dozen raw tomatoes
4 cloves
3 tablespoonfuls sugar
1 tablespoonful butter
1 teaspoonful salt
2 tablespoonfuls flour
1 teaspoonful pepper

Stew tomatoes, strain and put all the ingredients into a sauce pan and cook until it thickens.

Gravy for Mutton

2 cups hot water from meat
3 tablespoonfuls flour
¼ cup cold water
salt and pepper to taste

Add the cold water to the flour gradually, and stir until the mixture is smooth. Add the 2 cups hot water slowly, and stir constantly. Put mixture into a saucepan, place over the heat,

and boil 5 minutes, stirring all the time. Add seasoning, and serve hot. For caper sauce, add ¼ cup of capers to the gravy.

Calf's Foot Jelly

If the feet are large allow a quart of water to each foot and boil for 5 or 6 hours, or until the meat is falling from the bones, and the liquid is reduced one-half. Season, strain, and set aside until next day. Before using remove every particle of fat from the top, and the sediment from the bottom, as the least bit will cause the jelly to be cloudy.

To Souse Pig's Feet

The feet can be bought already cleaned and prepared. Put them on in hot water and boil until well done, 4 or 5 hours, but they must not drop from the bones. Put them hot into a jar, and pour over them in equal quantities, vinegar and the water in which they were boiled. Season with pepper and salt, and cover. They can be used the next day, eaten cold, or dip them in a thin batter of flour, water and egg, and fry in hot lard. Add a little chopped onion if you prefer.

Scrapple

Cut in slices and brown without fat.

Smoked Sausage

Prick the sausage with a fork, put in the frying pan with a little water, and cook a few minutes. Pour off the water, add a little fat and fry until brown.

Fresh Sausage

Heat the frying pan and when hot put in the sausage and fry a delicate brown. Do not add fat. Drain, and serve on hot dish.

To Scramble Brains

Clean thoroughly and soak in salt water for several hours to get out the blood, drain and put in a sauce pan with enough water to cover them; boil ½ hour, pour off water and mash. Allow to every pound of brains 2 eggs and scramble.

POULTRY AND GAME

Fried Chicken

Cut them up and lay in salt water for ½ hour. Then take them out and dry, season with pepper and salt and cover with as much flour as they will hold. Have the lard boiling hot in the frying pan, into which put a teaspoonful of butter, lay each piece in carefully not forgetting the liver and gizzard. Fry till a fine amber color; then turn each piece. Be careful that the chicken is well done, but not scorched. Serve on a hot dish. Pass cream gravy.

Cream Gravy for Fried Chicken

After taking the chicken out of the frying pan, pour off the top fat, put in a tablespoonful of butter, add 2 tablespoonfuls of flour rubbed smooth, to which add milk, parsley, salt and pepper. Cook until creamy.

Stewed Chicken

Cut up the chicken, put on the fire in a saucepan, add quart of water, an onion chopped fine and simmer. When perfectly tender, stir in ¼ pound of butter well rolled in flour, and a ½ pint of cream. Season with salt and pepper. If you prefer, an hour before serving you may add a cup of rice.

Smothered Spring Chicken

When ready to draw the chickens cut them open down the back, place in weak salt water, wipe dry and place in pan just large enough to enable you to spread chickens open, breast down. Place on each chicken a tablespoonful of butter, cut in small

pieces; pour ½ pint of water over them and place in oven for ¼ hour; add another ½ pint of water and a little salt and pepper. Add water occasionally to prevent cooking dry. It will take about an hour to cook chickens weighing 1½ to 2 pounds. About 10 minutes before they are done add a cup of cream to each chicken, sprinkle with a very little flour, return to the oven. Serve on a hot dish, pouring the gravy around them, and form a border of boiled rice on the dish.

Fricasseed Chicken

Clean, wash and cut up the chicken. Lay in salt water for ½ hour. Put them in a pot with just enough water to cover them, add ½ pound of sliced bacon, and simmer until tender; then add tablespoonful each of chopped onion, parsley and celery; pepper and salt; a tablespoonful of butter, and some cream, into which has been added 2 well beaten eggs and 2 tablespoonfuls of flour. Let boil. Arrange the chicken on a hot platter, pour the gravy over it and serve.

Panned Chicken

Split the chickens (they must be young), down the back and clean carefully; lay them in fresh water and wipe dry, and rub with butter, pepper and salt. Put them split side down in a pan in which is 1 teaspoonful of hot butter and a little stock, baste every 10 minutes with melted butter and set on top rack to brown. Garnish with parsley and pass cream gravy with them.

Roast Turkey or Chicken

Thoroughly clean and remove the tendons in the leg, stuff with grated dry bread crumbs, ¼ pound butter, ¼ teaspoonful pepper, very little salt, as the bread and butter is already salted. The

inside of the fowl should be rubbed with salt, one cup of celery chopped fine. Mix all together and fill from where the craw was taken to a natural shape; tie skin over the neck, put the rest in body of the fowl. Rub the fowl well with butter, sprinkle with pepper and salt, dredge with flour. Cover well the bottom of the pan with boiling water. Roast in a moderate oven, allowing 20 minutes to every pound. Serve on a hot dish and pass brown gravy.

Brown Gravy

Use the fat in the pan in which the fowl was roasted, first pouring off the top fat and thicken with flour; add ½ pint of cold water. Stir constantly until it boils, season with teaspoonful of kitchen bouquet; salt and pepper.

Oyster Stuffing for Turkey

1 pint of oysters strained from liquor
2 stalks of celery
1 raw egg
⅔ cup of butter

Chop all fine and mix with dry bread crumbs, season with salt, pepper and nutmeg. Boil the giblets until tender, chop fine, and put in gravy of turkey or chicken.

Raisin and Nut Stuffing for Poultry

sufficient dry bread crumbs to fill the fowl
2 stalks of celery, chopped fine
½ cup of butter, cut in small lumps
1 pound of raisins, halved
1 pint of chestnuts shelled, parboiled, blanched and chopped
½ teacupful of English walnuts, chopped fine

Sprinkle celery and nuts with teaspoonful of salt, add butter and crumbs, stirring together with a sprinkle of pepper; then add raisins, mixing thoroughly; fill the fowl and roast as usual.

Scalloped Chicken or Turkey

Cut into small pieces the cold fowl; to each pint of meat add 1 pint of white sauce and 3 hard-boiled eggs; season with salt, dash of cayenne. Mix altogether. Cover top with bread crumbs and small pieces of butter, and brown in oven.

Chicken Pates

1 pint of cooked chicken
1 tablespoonful of butter
1 tablespoonful of flour
½ pint of milk
a teaspoonful of chopped parsley
salt and pepper

Mince the chicken, rub the butter and flour together, add the milk; stir until it thickens; season with the parsley, pepper and salt. Fill the shells and set in the oven and brown slightly.

Chicken Croquettes

1 quart of cold cooked chicken
1 tablespoonful of butter
2 tablespoonfuls of flour
½ pint of milk
1 teaspoonful of chopped parsley
salt and pepper

Chop the chicken fine, rub the butter and flour together; then the milk; stir until it thickens, add the chicken, seasoned with the parsley; a little onion juice if you prefer; salt and a dash of cayenne, and stand until cold. Then make in pyramid shaped croquettes, dip them in beaten egg, thinned with a tablespoonful of warm water, roll in bread crumbs and fry in hot fat. Drain on brown paper and serve on a hot dish.

Pilaff of Chicken

One small chicken, half cup rice, one teaspoonful salt. Cut up the chicken the same as for a fricassee. Put it in a stew pan, half cover it with boiling water, and set on a moderate fire to simmer. Now wash the rice, add it to the chicken and the salt,

and let all simmer until the chicken is tender. Make a tomato sauce. Dish the chicken and rice together, and pour over it the tomato sauce. This dish is very nice made from cold pieces of chicken or mutton.

Molded Chicken

Boil 2 full-grown fat chickens in as little water as possible until the meat falls from the bones; pick off and chop it fine, season with salt and pepper. Put slices of hard-boiled eggs in a mold and cover it with a layer of the chicken. Then more eggs and chicken until nearly filled. Boil down the water in which the chicken was boiled. Season and pour over the chicken. Set on ice; when cold turn out and slice very thin.

To Broil Partridges

Split them down the back and clean carefully; lay them in salt water for 1 hour; then wipe dry and rub with butter, pepper and salt. Put them split side down in a pan in which is 1 teaspoonful of melted butter. When nearly done, baste with butter and set in the top grate of oven to brown. It is well to keep them covered while on the stove. Squabs may be cooked the same way.

Stewed Pigeons

Clean and wash the pigeons, dust with flour, put on in a sauce pan with just enough water to cover them, and a lump of butter, and let them cook slowly for ½ hour. Mix together flour and water, salt and pepper and a little parsley; stir in and let it boil up. Serve on a hot dish and pour the gravy over them.

Stewed Rabbit

Cut a rabbit in 8 pieces. After soaking it in salt and water put in a stew pan with more than enough water to cover it.

When nearly done, strain off the water, saving enough, with 1 cup of milk, to cover the rabbit; return to the pan, add the cup of milk, one tablespoonful each of chopped onion and parsley. After this boils up, add 1 heaping tablespoonful of butter mixed with the same quantity of flour. Let come to a boil once more and serve in a heated dish, garnished with hard boiled eggs, sliced.

To Fry Rabbits

Cut up the rabbit, wash and drain; season with salt and pepper; rub each piece in flour, and drop them separately in a frying pan of hot lard. Fry until brown. Dish and keep the rabbits hot; strain the gravy; add a tablespoonful of flour, rub in a tablespoonful of butter; a cup of rich milk, salt and chopped parsley. Let it boil a few minutes, stirring constantly. Serve.

To Cook Reed Birds

Thoroughly clean 1 dozen birds; wash them and lay on a dry towel; spread another over them and press them quite flat. Season with salt and pepper, a slight dash of cayenne. Put a little butter in the pan and when hot put in the birds and cover. When brown serve hot on toast, with a lump of butter on each bird.

VEGETABLES

General Rules for Cooking Vegetables

Wash thoroughly, pare, peel, or scrape, according to the kind. Let them stand in cold water until ready to cook to keep them crisp, or to freshen them when wilted, or to prevent them from turning dark.

Cook in fresh boiling salted water, enough to cover and keep the water boiling. Allow 1 teaspoonful of salt to 1 quart of water. Salt may be added when vegetables are put in, except in the case of delicate green vegetables, as peas, spinach, etc., when it should not be added until they are nearly done. To preserve the color, cook green vegetables uncovered. Cook cabbage, onions and turnips, uncovered, in a large quantity of water; by changing the water once or twice during cooking, much of the strong odor and flavor will be lost.

Vegetables should be cooked only until tender, drained when necessary, and served promptly.

The water in which vegetables have been cooked is called vegetable stock, and if of agreeable flavor, may be used in making sauces to serve with the vegetables, or as a basis for vegetable soups, thickened with flour, combined with butter. Time for cooking varies, according to the freshness, age and size of vegetables. They are cooked when a fork will go through them easily. Serve plain, with salt, pepper and butter, or with cream, milk or stock sauce.

Seasoning

To 1 pint of cooked vegetables, allow 2 tablespoonfuls of butter, ½ teaspoonful of salt, and ¼ saltspoonful of pepper.

Scalloped Dishes

Cold meats, or fish and oysters, some vegetables and some fruits are used in scalloped dishes.

The crumbs for scalloped dishes are prepared from the inside of a loaf of bread, a day or more old. Grate the bread, or if dry enough, crumb by rubbing two pieces together. Cracker crumbs may also be used, but will need more liquid to moisten them.

Place the food material in 2 layers, using one-fourth of the crumbs for the bottom of the dish, the other one-fourth in the middle, and the remaining one-half for the top. Buttered crumbs are used for the top.

White Sauce

1 tablespoonful butter
1½ tablespoonful flour
1 cup milk
¼ teaspoonful salt
white pepper to taste

Scaldthe milk, melt the butter, add to it the flour, and mix thoroughly; add the milk gradually, stir until perfectly smooth. One-half cup of milk and ½ cup of vegetable stock may be used instead of all milk for a sauce for vegetables.

Potatoes

They should be kept in a cool, dark, dry place. If stored in a light place an unpleasant flavor will develop.

Boiled Potatoes

Choose potatoes of about the same size. Wash, pare thin, and drop at once into cold water to prevent discoloration. Cook in fresh boiling salted water, until a fork will penetrate them easily. When soft, drain, uncover, and shake gently over the heat until the outside is dry and mealy; sprinkle a little salt over them. Serve hot in an uncovered dish.

New potatoes have thin skins, so can be scraped instead of pared. In the spring, old potatoes are improved by soaking 1 hour in cold water.

Sweet potatoes are cooked in the same manner as white potatoes. They are not usually pared, as without the skins they would lose some of the sugar to which they owe the sweetness which gives them their name.

Mashed Potatoes

6 medium sized potatoes
1 teaspoonful salt
¼ saltspoonful pepper
3 tablespoonfuls butter
¼ to ⅓ cup hot milk

Boil the potatoes, and drain them; mash in the saucepan in which they were boiled. Season; add the hot milk gradually; beat until light and creamy, and pile on a hot dish without smoothing.

Riced Potatoes

Press hot mashed potatoes through a potato ricer, or coarse strainer, into a hot vegetable dish. Serve at once, or brown lightly in a hot oven.

Baked Potatoes

Wash and scrub potatoes of uniform size. Bake on the grate of a hot oven from 30 to 45 minutes, or until soft. Turn them every 15 minutes, to keep them from burning. Test by pressing them, with the hand wrapped in a towel. When soft, break open the skins, to let the steam escape, and serve at once. If any are left over, remove skins and use for warming over.

Creamed Potatoes No. 1

Cut cold potatoes into cubes, and for each cupful allow ¼ cup of milk, ½ tablespoonful butter, ⅛ teaspoonful salt and a dash of

pepper. Heat the milk in a shallow pan, add the potatoes and stir slowly until they have absorbed nearly all the milk; add seasoning and stir until well mixed. Cook 5 minutes longer. Serve hot. One teaspoonful of parsley, chopped fine, may be added to the seasoning.

Creamed Potatoes No. 2

Cut up the cold potatoes into cubes, and heat in thin white sauce, allowing $1\frac{1}{4}$ cup of sauce for 2 cups of potatoes.

Potato Cakes

Form cold mashed potatoes into balls and flatten them into cakes $\frac{1}{2}$ inch thick; arrange them on a buttered baking pan, putting a small piece of butter on the top of each. Bake on the grate of a hot oven, until slightly browned.

Creamed Potatoes with Cheese

The sliced potatoes may be seasoned, put in a baking dish and covered with milk; grated cheese thickly sprinkled over the top. Cover, and bake until the milk is nearly absorbed; then remove cover, and cook until cheese is melted. The potatoes may be fixed in the same way, substituting bread crumbs in place of the cheese.

Stuffed Potatoes

Select good-sized potatoes, wash, and bake in a brisk oven. When cooked, remove from the oven and cut in half lengthwise. Remove the interior and pass through a vegetable press into a hot bowl. To each pint of potato allow tablespoonful of butter, teaspoonful of salt, $\frac{1}{2}$ teaspoonful of white pepper, and $\frac{1}{2}$ cup of hot cream. Whisk all together briskly until it looks light and snowy white, then add the white of an egg beaten to a stiff froth.

Put the potato back in the shells, heaping it slightly, smooth the top of each with a knife dipped in cold water, put them into a baking pan, and return to the oven to brown the tops. Serve.

Potato Croquettes

2 cups fresh mashed potatoes
2 tablespoonfuls cream
1 teaspoonful onion juice
1 teaspoonful salt
a grating of nutmeg
yolks of 2 eggs
1 teaspoonful chopped parsley
1 tablespoonful butter

Beat yolks light, add to the potatoes, then the other ingredients. Mix thoroughly and turn into a saucepan; stir over the fire until the mixture leaves the side of the pan. Mold in pyramid shaped croquettes, roll in beaten eggs, then in bread crumbs, and fry in boiling hot lard. Drain and serve.

Baked Sweet Potato Puree

Wash and scrub 4 large sweet potatoes and bake in a hot oven. When done peel and rub through a colander. Stir into them 2 tablespoonfuls of butter, salt and pepper to taste and sufficient rich milk to make them into the consistency of a soft dough. Butter a pan and heap the potato in a neat mound, smoothing it with a knife. Brush with beaten egg and put in a hot oven until well browned.

Sweet Potato Croquettes

Pare and boil 4 large sweet potatoes until tender when stuck with a fork, and put through a potato press; add 1 teaspoonful sugar, 1 teaspoonful salt, 1 tablespoonful butter, dash of white pepper; beat light. When cold, form in pyramid shape, dip in egg and bread crumbs, and fry in hot lard. Drain and serve.

To Wash Rice

Put rice in a strainer, place strainer in a pan of water, and rub the rice between the hands; change water 2 or 3 times, or until rice is clean, when the water will be clear.

How to Boil Rice

Prepare a sauce pan with water and a little salt. When it boils sprinkle in the rice gradually so as not to stop the boiling. Boil hard for 20 minutes, keeping the pot covered. Then take it from the fire and pour off the water, after which set the pot on the back of the stove with the lid off, to allow the rice to dry and the grains to separate.

Remember—Boil rapidly from the time you cover the pot until you take it off, this allows each grain to swell to three times its normal size and the motion prevents the grains from sticking together. Do not stir it as this will cause it to fall to the bottom and burn. When properly boiled rice should be snowy white, perfectly dry, and soft, and every grain separate and alone.

Spanish Rice

Wash 1 pound of rice and soak it for an hour; cut up 1 pound sausage and 1 pound ham; a small piece red pepper, 2 onions, 2 large tomatoes and a sprig of parsley. Fry these in a heaping spoonful of lard, and then add about a pint of boiling water. Stir in the rice slowly, cover the pot and set where it can cook slowly. Salt to taste and serve while hot.

Rice and Beans

Boil ½ pound red kidney beans, well done, add parsley and onions, black pepper and salt. When done add enough hot water to cover 1½ cups of rice, cook until it comes to a boil, then put on a

slow fire 20 minutes, covering the pot but leave small opening for the steam to escape. Serve hot with a piece of butter.

Rice Croquettes

Boil a teacupful of rice in milk until soft, a teaspoonful each of sugar and melted butter, ½ teaspoonul of salt, 1 beaten egg. After thoroughly beating and mixing, shape into oval balls and dip in beaten egg, follow by dipping in bread crumbs. Fry in hot lard, turning with care, and when done to a nice brown put into a heated colander.

Fried Rice

Boil sufficient rice soft and let it stand until cold, then cut into slices of proper thickness and fry to a nice brown, turning it carefully so as not to break the slices. This is an excellent breakfast dish.

Rice with Milk

Wash well a cup of rice, put it into a quart of milk over night to soak; in the morning add a large spoonful of butter, a little salt, grated nutmeg, a little ground cinnamon, pint more of milk, then put it into the oven, and when it is warm stir the pudding without removing it from the oven; stone ¼ pound raisins and add at this time; then let it cook until the rice is perfectly done.

Stewed Tomatoes

Scald and peel 1 dozen tomatoes, adding 2 tablespoonfuls water, or 1 can of tomatoes, pouring off half the liquor. Put in a pan, with 1 saltspoon salt, a dash of pepper, 2 teaspoonfuls sugar, and stew until quite smooth. Just before serving, beat in 2 tablespoonfuls butter. When well dissolved serve. Bread crumbs may be cooked with the tomatoes if you prefer.

Fried Tomatoes

Slice the tomatoes, dredge each slice with a little flour, salt and pepper. Fry in hot lard. Drain the tomatoes, put on a hot dish, pour most of the grease from the pan, rub in a tablespoonful of flour, add a little milk, let it boil up, pour over the tomatoes.

Stuffed Tomatoes

Remove a small, circular piece from the top of each tomato, having selected good-sized, firm fruit, remove the seeds with your fingers so as not to spoil the shape of the tomatoes, fill the cavities with the following: For every 6 tomatoes allow a cup of finely chopped chicken or veal, 1 cup of chopped celery, 3 heaping tablespoonfuls of bread crumbs, 1 tablespoonful of chopped parsley, 1 tablespoonful of melted butter, 1 tablespoonful sugar, 1 teaspoonful salt; pepper to taste. Mix all the ingredients together, fill the tomatoes and place in a baking dish. Bake 30 minutes in a moderate oven, basting with melted butter.

Scalloped Tomatoes

2 cups tomatoes
1¼ teaspoonful salt
speck pepper
1½ cups of crumbs
3 tablespoonfuls butter

Cook tomatoes 10 minutes, with salt and pepper, butter crumbs and arrange as for scalloped dishes. Cook, covered, 20 minutes, uncover, and brown on grate. If raw tomatoes are used, bake 1 hour.

Macaroni with Cheese and Tomatoes

Boil ½ pound of macaroni in salted water, until perfectly done, drain, and add 1 cup of grated cheese, putting macaroni, cheese and a well-made tomato sauce in alternate layers in a heated vegetable dish.

Baked Macaroni

Boil ½ pound of macaroni in salted water until soft, and the water has boiled down until there is just sufficient water to cover the macaroni well. Then turn into a baking pan, sprinkle with pepper and cover thickly with grated cheese and dot all over with bits of butter. Bake until brown, but do not allow to dry.

Lazania

(Italian Winter Dish)

2 pounds round or lean beef
1 quart onions
½ pound cheese (grated)
¾ pound macaroni
4 ounces butter and lard mixed

Heat beef thoroughly, season and flour, put in a pan in the oven, baste frequently; when brown, add hot water to cover. While the meat is cooking cut onions in small pieces; fry a nice brown in the butter and lard. Draw meat from the oven; cover with the onions and let it cook until the gravy is a rich brown. Boil the lazania (dough rolled in sheets cut in squares of about 2¼ by 2¼ inches) in salted water, drain. Serve in dish a layer of lazania; then a layer of cheese; then, using a large spoon, dress with the beef gravy, and so on until the dish is full. Serve meat on separate dish.

Macaroni can be used in place of lazania.

Stewed Corn

Cut the grains of 1 dozen ears of corn down the middle, and scrape; stew until tender; add ½ cup of milk, 1 tablespoonful butter, salt and pepper to taste.

Corn on the Cob

Let the water be boiling, and add a little salt, drop in the corn and boil 10 or 15 minutes.

Corn Pudding

1 pint of scraped or grated corn
2 eggs, whites and yolks beaten separately
2 cups of cream or rich milk
1 tablespoonful melted butter
1 teaspoonful salt
pepper

Add the corn to the beaten yolks, then the butter, salt, pepper, cream; lastly the well beaten whites. Bake in a hot oven, being carful to have it cooked on the bottom.

Succotash

Boil 1 pint of lima beans until tender, cut ½ dozen ears of corn down the middle and scrape. Drain the beans, add the corn and season with salt and pepper; put in 1 tablespoonful butter, and cook about 20 minutes.

Corn with Peppers

Drain a can of corn and chop the kernels somewhat, chopping with them two green peppers. Put the liquor back with them and cook gently on the back of the stove, adding a little milk, butter and salt.

Baked Peppers and Corn

Score and scrape from the cobs enough corn to make 1 pint; open 2 sweet green peppers, remove seeds, and shave fine. Put corn and peppers in baking dish, season with salt, pour over the top a cupful of thin cream into which has been beaten 1 egg and 2 tablespoonfuls melted butter. Bake 40 minutes in quick oven.

Stuffed Peppers

Select the sweet Spanish peppers, cut off the stem end, and remove the seeds. Mix together for every 4 peppers ½ cup of chicken or veal chopped fine, ½ cup of bread crumbs, 1 tablespoon-

ful of chopped parsley, salt and pepper to taste, and 2 tablespoonfuls of melted butter. Carefully fill the peppers, stand in a baking pan, with a little water or stock, and bake 20 minutes in a moderately quick oven.

Boiled Cabbage

Prepare the cabbage by taking off the outer leaves, cut and throw into cold water for an hour or so; shake, and put in a kettle of boiling, salted water, enough to cover it, and boil until tender, about 1 hour. It may be cooked in ham liquor with the fat skimmed off, or with a piece of bacon or corn beef. Serve with a cream sauce.

Creamed Cabbage

Cut up a fine head of cabbage, put in a saucepan and cover with boiling salted water; let boil 15 minutes, then drain. Pour over it a dressing made of:

½ pint vinegar
½ teaspoonful salt
1 saltspoonful pepper
1 tablespoonful salad oil
1 tablespoonful made mustard

Put on fire, let boil, add a teacupful of milk and 1 egg, mix well. After pouring on the cabbage, cook 5 minutes.

Lady's Cabbage

Cut the cabbage fine, and cook in boiling water ½ hour. Drain, season highly with salt and pepper, and 5 tablespoonfuls milk and 1 tablespoonful of butter rubbed with one of flour. Put on the fire and cook a few minutes. Serve.

Brussels Sprouts

Soak them in cold water for 1 hour. Put then into boiling, salted water and cook until tender, for about ½ hour; drain, put in a hot dish, pour over them melted butter, and dust with pepper.

Spinach

Wash the spinach carefully, getting it free from all grit; put it in the pot with a piece of corned beef or bacon, and cook about 20 minutes. Dust with pepper and salt, and garnish with hard boiled egg. Serve in a heated uncovered vegetable dish.

Stewed Celery

Wash the celery, and cut in pieces, stew in a little stock until tender, add some cream, butter, with enough flour to thicken the cream; season with salt and pepper.

Cauliflower

Lay a head of cauliflower in cold water for ½ hour, shake, and put in boiling salted water, cook until tender; always keep covered in the water, and remove the scum. When well done, serve with butter and pepper or a cream sauce. It may be garnished with small smoked sausage; if so, the green leaves must be left on the cauliflower.

Green Peas

In shelling, pick out the freshest and greenest pods, place them on the fire in 2 quarts of cold water; let them boil well 1 hour. Take from the fire, strain out the water, and place the peas in it to boil. Boil 20 minutes, take from the fire, strain off the greater part of the liquor, add a lump of butter, cream if you prefer, salt and pepper.

Lima Beans

Wash the beans, put in the saucepan, cover with boiling water, salted slightly; boil slowly until tender, drain, pour in a hot dish, sprinkle with salt and pepper and butter.

Asparagus

Wash, scrape, cut off tough ends; tie in bundles, and put in boiling water with 1 spoonful salt; boil about ½ hour, or until tender. Lay on slices of toast on a dish, pour melted butter over it. Serve hot.

Stuffed Egg Plant

Cut a large egg plant in half, remove the center and chop it fine. Mix with bread crumbs, 1 teaspoonful each of minced onion and parsley, a good sized lump of butter, salt and pepper. Put back in the shells. Grate over it a crust of bread, dot with small pieces of butter and bake.

Egg Plant

Peel and cut the plant in slices, stand in salted water for 1 hour, drain and dip each slice in beaten egg and bread crumbs; fry in hot lard until brown.

Boiled Carrots

Wash and scrape off the thin skin, they may be left whole, if small, or cut in thirds, or in cubes or straws; cook in enough fresh boiling salted water to cover, until a fork will go through them easily. Serve with white sauce, or in a sauce made of stock. They may be finely chopped, seasoned with salt, pepper and butter, reheated, and pressed closely into a cup or mold and turned out on a hot dish. Serve hot.

To Fry Oyster Plant

Scrape the roots, throw into cold water to prevent turning dark; boil until perfectly tender, mash them through a colander. Add butter, salt and pepper; make into small cakes, flour them and fry brown. Parsnips may be used in the same way

Parsnips

Wash and scrape parsnips, cut in quarters, cook in fresh boiling salted water until soft. Drain, cut in pieces. Serve with white sauce, or mash, and season with salt, pepper and butter.

Boiled Onions

Peel under cold water to avoid irritating the eyes; if onions are too strong in flavor, change water once or twice during cooking. Cook until tender but not broken; drain, add butter, salt, pepper, a small quantity of milk, and reheat. It is well to wash all utensils in cold water, without soap, to remove odor.

Scalloped Onions

Arrange boiled onions between the layers of crumbs, using thin white sauce to moisten them. Cook 20 minutes covered, uncover and brown.

Boiled Turnips

Cut off a paring thick enough to remove all the skin, cut in quarters, cook in fresh boiling salted water until tender. Drain, mash, and season with salt and pepper and butter, or serve in white sauce as creamed turnips.

Fried Cucumbers

Pare and lay in ice water ½ hour; cut lengthwise into slices nearly ½ inch thick, and lay in ice water 10 minutes longer. Wipe each piece dry with a soft cloth. Sprinkle with pepper and salt, dredge with flour; fry to a delicate brown in sweet lard, drain and serve.

Hominy

To 1 quart of large hominy add 1 gallon of water, 1 cup of beans, a little salt, and boil it all day, slowly.

Hominy Pudding

2 cups cold boiled hominy
2 tablespoonfuls melted butter
3 well beaten eggs
1 cup sweet milk

Mix thoroughly, season with salt and pepper; bake in buttered pan for ½ hour.

Boston Baked Beans

1 quart soup beans
½ pound pork
½ cup molasses
½ teaspoonful mustard
dash cayenne

Soak the beans over night, pour off the water; cook in fresh water until beans crack open, put into a bean pot, sprinkle with mustard and cayenne; lay the pork on top, scored on the rind, pour over all the molasses, cover with boiling water, cover and place in the oven, until nearly done, then allow them to bake brown.

SALADS

Simple salads consist of fresh vegetables which require no cooking, as lettuce, endive, cress, etc. served with a dressing. Cooked vegetables, meat, fish, etc. are also used for salads. French dressing is easily prepared, and is suitable for any salad.

Salads should be prepared daintily, arranged attractively, and should always be served cold.

Lettuce and other salad plants should be fresh, crisp and clean. Wash thoroughly, without crushing, leaf by leaf; chill in very cold water until crisp, and dry by placing on a clean towel, so that the water will drain from the leaves; or fold lightly in a towel and place on ice until serving time.

The dressing should not be added to green vegetables until just before serving as it wilts them.

Cooked Salad Dressing

1 teaspoonful salt
1 teaspoonful mustard
1 tablespoonful sugar
few grains of cayenne
1 egg yolk
½ cup scalded milk
¼ cup hot vinegar
1 tablespoonful butter

Scald the milk. Mix salt, mustard, sugar and cayenne together in a bowl. Add egg yolk and mix thoroughly. Add scalded milk slowly, return to double boiler, add the hot vinegar, and cook until mixture thickens. Add the butter, stir till melted, and strain. Cool before using. If desired thicker use another egg yolk, or mix 1 teaspoonful flour with enough of the cold milk to make a smooth mixture; add to remainder of the ½ cup of milk and boil 3 minutes before adding to the egg mixture.

French Dressing

½ teaspoonful salt
2 tablespoonfuls vinegar or lemon juice
⅛ teaspoonful pepper
2 tablespoonfuls olive oil

Mix together and stir thoroughly until well blended; or dissolve salt and pepper in the vinegar and pour it over the salad material. Toss lightly with a fork until all is seasoned, then add the oil, and mix gently until it is well distributed; 3 or 4 drops of onion juice or a few grains of cayenne may be used to vary the flavor.

Shredded Cabbage or Cold Slaw

Remove wilted leaves and cut a quarter from a small head of cabbage and let stand in cold water until crisp. Cut out stalk and cut the cabbage into very fine pieces. Serve with cooked salad dressing.

Water Lily Salad

Remove shells from hard-cooked eggs. Divide eggs into halves crosswise, cutting through the whites in such a way that the edges will be cut into sharp points. Remove the yolks, put them in a bowl, mash them, and season to taste with salt, pepper and melted butter, or moisten them with salad dressing. Refill the whites with the yolk mixture and arrange the halves on a bed of lettuce leaves which have been washed, dried and chilled. Serve with cooked salad dressing. Radishes, washed and chilled until crisp, may be used to garnish the salad.

Cream Dressing

2 eggs
1 teaspoonful sugar
½ teaspoonful salt
½ teaspoonful mustard

Beat the eggs well; add sugar, salt and mustard; mix well and add 3 tablespoonfuls of vinegar and one of cream. Set the bowl containing this mixture into a pan or kettle of boiling water and stir

until it thickens. This dressing should be perfectly cold before using it and is nice for cauliflower, cabbage, or asparagus.

French Mustard

1 box good mustard
1 tablespoonful olive oil
1 tablespoonful of sugar
1 teaspoonful salt
1 saltspoonful black pepper

Six large onions cut in thin slices, pour over them 1 pint of cider vinegar, let stand until the next day, strain and mix into it the mustard, sugar, salt and pepper; then drop in the oil. Mix in a bowl and set in a pan of hot water; stir constantly until thick; put in a jar and it will keep for years.

Mayonnaise Dressing

Have all the ingredients and utensils chilled. Put the yolk of a hard boiled egg and a raw one carefully freed from the whites, in a bowl; add half a teaspoonful salt, and stir until the yolks are well a mixed; add the oil drop by drop, constantly stirring in the same direction, adding a drop or two of vinegar as it is needed, that is, when the emulsion looks oily. As the mixture becomes thick, the oil may be added faster, stirring, not beating, adding acid enough only to keep the dressing from separating. Season with pepper and lemon juice, and add tablespoonful ice water.

Chicken Salad Dressing

10 hard boiled eggs
2 teaspoonfuls sugar
1 teaspoonful salt
1 teaspoonful black pepper
2 teaspoonfuls mustard
½ teaspoonful cayene
6 tablespoonfuls of olive oil
1 cup cream
1 cup vinegar

Cream the yolks of the eggs with the oil; add sugar, salt, pepper and mustard; then vinegar, lastly the cream. Put in a double

boiler; stir until thick. Chop whites of the eggs into the chicken and add one-third as much celery as chicken.

Salmon Salad

Place on a bed of lettuce leaves, in a flat salad bowl, the contents of ½ can of salmon, freed from oil and bones, and flaked. Pour over the fish a little boiled salad dressing or mayonnaise, and garnish with slices of hard-boiled egg and lemon.

Lobster Salad

Cut the boiled lobster into good-sized pieces and marinate with a French dressing, then set aside until ready to serve. For each pint of salad add 1 dozen olives cut into strips and ½ cup of thick mayonnaise. Line the salad bowl with blanched lettuce leaves and on them heap the prepared lobster. Cover with a thick mayonnaise and serve cold.

Shrimp Salad

Take a can of shrimps, open and turn out at once. Wash thoroughly in cold water, and dry. When ready to serve, cut the shrimps into small pieces, cover with mayonnaise dressing and serve on crisp lettuce leaves.

Walnut Salad

Crack ½ pound of English walnuts in halves and cover with lemon juice, after standing in the juice for 1 hour, pick out and serve on watercress with French dressing.

Fruit Salad

1 stalk of celery
3 apples
½ pound Malaga grapes

Cut up celery and apples, halve the grapes, remove the seeds, mix together and over all pour mayonnaise. Serve on crisp lettuce leaves.

Grape Fruit Salad

Cut in halves; with a spoon remove the pulp in as large pieces as possible; do not leave any seeds in it. Make a syrup of ½ cupful sugar, 1 tablespoonful boiling water and 2 tablespoonfuls of sherry. When cool add to it 2 more tablespoonfuls sherry and 1 teaspoonful rum. Mix with the pulp. The shells must have all the skin and pith removed and kept on ice. Just before serving fill the shells with the pulp. It must be chilled.

Pineapple Salad

Cut off the top of pineapple, and remove all the heart of the fruit, leaving the shell whole. Shred the pineapple, add pecan nuts or English walnuts, mix with mayonnaise, put back in the shell. Serve in the shell.

Tartare Sauce

To one cup of mayonnaise dressing, add one tablespoonful of capers, one of chopped cucumber pickles, one of chopped parsley, and one teaspoonful of onion juice. Mix well and serve.

Egg Sauce

Rub the yolks of two hard boiled eggs through a sieve, add to them a teaspoonful of French mustard, a pinch of salt and four tablespoonfuls of soft (not melted) butter. Cut the whites of the eggs in thin rings, and place about the edge of the dish.

Chicken Salad

1 well boiled chicken
2 bunches celery
2 hard boiled eggs

Remove skin and chop the meat in small pieces; cut celery and chop the eggs and mix all together; add pepper, salt and a dash

of cayenne. Make a dressing of 2 raw eggs, beaten, ½ teaspoonful salt, 4 even teaspoonfuls sugar, saltspoonful pepper, ½ cup vinegar, 1 teaspoonful mustard. Beat all together to consistency of cream; if too stiff add milk, or dress salad with regular mayonnaise with oil.

Potato Salad

Boil potatoes and when cold remove the skins, cut in cubes. For 3 cups of potatoes mix 1 cup of celery; cut in small pieces, season with pepper and salt. Serve on lettuce with mayonnaise and garnish with parsley.

Tomato Salad

Take small, well shaped tomatoes; skin them cold; cut off a circular piece from the stem end, remove the seeds with the finger, and fill with finely chopped celery sprinkled with salt. Put on a plate with crisp lettuce leaves and cover with mayonnaise.

Tomato Aspic

1 pint tomatoes, strained
1 teaspoonful salt
1 saltspoonful pepper
1 teaspoonful onion juice
¼ box of gelatine

Mix all together, stand for half an hour, bring to boiling point. Pour into small molds, when hard serve on crisp lettuce leaves, with mayonnaise dressing.

Fish Salad

Pick bones from any cold large fish, season with mustard, pepper, salt and lemon juice; add small piece of butter and moisten with cream; put in a saucepan and stir gently until it simmers. When cold put on lettuce, garnished with hard boiled egg.

Apple and Nut Salad

2 bunches celery
2 large apples
¼ pound English walnuts

Cut celery and apples into small pieces, add nuts. Garnish with fringed celery tops, and pass mayonnaise.

To fringe celery tops, cut in pieces 2 or 3 inches long. Slash the ends and stand in cold water for an hour or so to curl.

Cucumber Salad

Pare, slice and lay in ice water for an hour, drain and serve with French dressing poured over them.

Asparagus Salad

Take cold boiled asparagus, chill and serve with French dressing.

String Bean Salad

Boil until tender, chill, and serve with French dressing.

Egg and Beet Salad

Remove the shells from hard boiled eggs, cut in halves, and season the yolks, with salt, pepper, melted butter, and moisten with a little vinegar, dip the white shells in the juice of the beets and color a deep pink. Garnish with the pickled beets cut in dice.

Salad a la Heney

Peel and cut in slices 4 oranges and arrange on lettuce leaves; over the oranges put ½ pineapple finely shredded; on the pineapple put ½ pound Tokay grapes, cut in halves and seeded. Make a dressing with the juice of an orange, twice as much olive oil as orange juice, a saltspoonful of salt, a sprinkle of paprika. The addition of pecan nuts to this salad is considered an improvement.

CEREALS

All cereals may be used for mush, and by using more water, may be made into gruel. Cold mushes may be sliced, dipped into flour, and browned in a small quantity of smoking hot fat.

Directions for Making Mush and Gruels

Use a double boiler; put the required quantity of boiling water and salt in the upper part of the double boiler, place directly upon stove, and when the water boils rapidly, stir the cereal slowly into it. If cereal is a coarse meal, stir it in dry; if it is a fine meal or flour, wet it with an equal quantity of cold water before stirring it into the boiling water.

Cook directly over the heat 10 minutes, stirring constantly; then place upper part of double boiler over the lower part, which should be one-third full of boiling water; keep the water boiling. The time for cooking depends upon the cereal used; long cooking improves the flavor, and makes it more digestible. Do not stir more than once while over the boiling water. If mush or gruel requires thinning, use boiling water.

Granulated wheat preparations, as wheat germ, wheatlet, etc., need nearly four times their bulk of water. To prevent lumping, sprinkle slowly into the boiling water, stirring constantly. Boil 10 minutes over stove or gas, and cook over boiling water 20 to 30 minutes.

Shredded wheat biscuits have already been thoroughly cooked; they may be used as a breakfast cereal by dipping quickly into boiling water, and heating in the oven between buttered plates; serve with milk or cream and sugar.

Rolled Oats or Rolled Wheat

1 cup rolled oats or wheat
1 teaspoonful salt
2 cups boiling water

Pick over the cereal, and remove foreign substances; follow directions for making mush. Boil 10 minutes, stirring constantly, then cook over boiling water 20 to 30 minutes or longer. Serve with cream or milk, and sugar. Steamed apples and rolled oats make an agreeable combination.

The rolled oats being crushed and partially cooked, need less cooking than coarse oatmeal.

Coarse Oatmeal

1 cup oatmeal
1½ teaspoonful salt
5 cups boiling water

Look over the meal; follow directions for rolled oats, cooking from 8 to 12 hours. It may be cooked the day before it is needed, and reheated, adding more water if necessary.

Oatmeal Gruel No. 1

¼ cup rolled oats
1 cup boiling water
¼ teaspoonful salt
1 cup milk

Prepare as for mush; cook in a sauce pan 30 minutes, stirring all the time, or in a double boiler 1 to 2 hours; strain the gruel, add the milk, and heat just to the boiling point. Serve hot, with 1 tablespoonful sugar, and a sprinkle of nutmeg, if desired.

Cold oatmeal mush may be used to make gruel by adding more water and reheating. It may be served strained or unstrained.

Oatmeal Gruel No. 2

½ cup coarse oatmeal
½ teaspoonful salt
1½ to 2 cups of cold water or milk

Roll or pound the meal until floury; add one-third of the water, stir well, and let settle a few seconds; pour the milky-looking

water into a saucepan; repeat twice, using remaining water, being careful each time not to allow any of the coarse portions to go into sauce pan. Boil 30 minutes, stirring, to prevent burning. Add milk to make of desired consistency, and proceed as in Gruel No. 1.

Molded Cornmeal

1 cup cornmeal
1 tablespoonful of flour
1 tablespoonful salt
1 cup of cold milk
2 cups of boiling water

Mix dry ingredients, add cold milk until smooth, then add boiling water. Cook directly over stove or gas 10 minutes, stirring all the time to prevent burning. Cook 1 or 2 hours over boiling water. If wanted for frying, turn into a wet pan to stiffen; cover to keep a hard crust from forming. When cold cut in slices $\frac{1}{4}$ inch thick; dip each slice in flour, and brown in enough smoking hot fat to keep from burning. Serve hot. May be eaten with syrup or molasses, or caramel sauce or not as preferred.

BREAD

White Bread

1 pint milk
1 compressed yeast cake
1 pint of water
1 level teaspoonful of salt

Scald the milk, add the water, and, when lukewarm, add the yeast cake, dissolved, and the salt. Mix and add 1 quart of good strong flour; beat 5 minutes; then continue adding the flour, stirring all the while until you have the dough sufficiently thick for kneading. Dust the board with flour, turn out the dough and knead thoroughly until it is soft and elastic and perfectly free from stickiness. Do not add too much flour at a time; it is the kneading that removes the stickiness, not the flour. The bread is dry and tasteless where too much flour is added. The grain will be finer and the dough whiter and more elastic, if you devote the last 5 minutes to pounding with a good strong potato masher, or you may take the dough in your hand and drop it on the board. Put this back into the bowl or pan, cover and stand in a warm place (75°) for 3 hours. Now turn it out on the board, and carefully cut into 4 loaves. Mold each, put into greased pans, either the long French or the square pans, cover and stand aside 1 hour; if in the square pans bake in a moderately quick oven (indicator at 8) for about ¾ hour; if in the long French pans, in a quick oven (indicator at 9, temperature 400°) for 30 minutes. Where home made yeast is used, sponge must be made at night using ½ cupful of yeast. The dough must be kneaded early in the morning.

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Home Made Yeast

Pare and grate 4 good-sized potatoes into 1 quart of boiling water, and boil 5 minutes, stirring constantly. When cool, add ½ cup of sugar, 2 tablespoonfuls of salt, and 1 compressed yeast cake in ½ cup of cool water, or ½ cup of yeast that you have saved from the previous brewing. Turn the mixture in a stone or glass jar, cover and stand in a warm place (68°) for at least 3 hours, stirring down the mixture each time it comes to the top of the vessel.

When fermentation has ceased, cover the jar closely and stand in a cool place to keep.

Caution: The yeast must not be allowed to fall; it must be stirred down. It must be put into a cool place as soon as fermentation ceases. A large bottle is a good and convenient receptacle for keeping. Save ½ cupful of this yeast to start the next brewing. It will keep in a cool place in the winter for 3 weeks; in the summer, 10 days to 2 weeks. A cupful of this yeast will make 4 loaves of bread; sponge made at night.

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Twentieth Century Bread

1 pint of milk
1 compressed yeast cake
1 pint of water
1 level teaspoonful salt

This bread, of course, is made from whole wheat flour. The liquids used may be either milk, or milk and water, or all water. Scald the milk, 180°, being very careful not to allow it to boil. Scald and add the water. When the mixture is lukewarm, add the yeast, dissolved in 4 tablespoonfuls of cool sterilized water, the salt, and then stir in sufficient whole wheat flour (about 1 quart) to make a stiff batter. Beat continuously for 5 minutes, lifting the dough into the air and folding it over. Remove the spoon

and scrape down the sides of the bowl; cover with a cloth or in a bread pan with the ordinary tin cover, and stand in a warm place (75°) in winter for 3 hours; in summer 2½ hours. By this time the mixture will be light and spongy. Stir in, slowly, sufficient whole wheat flour to make a dough. Turn this out on the bread board, which has been slightly dusted with flour, knead continuously until the dough is soft and elastic and has lost its stickiness. With a sharp knife, cut the dough into 4 portions; mold each into a loaf; put into greased square pans, cover and stand in the same warm place 1 hour, or until the dough has doubled its bulk and feels very light when lifted. Brush the top carefully with warm water using for the purpose the pastry brush, and place it in moderately quick oven (360°) for ¾ hour. When done, turn at once from the pans, resting the loaves so that the air will pass around them, and when perfectly cool, put them into a clean tin bread box.

If home made yeast is used, add a cupful, making the sponge at night; stand it in a warm place (about 60°) from, say 10 o'clock until 5 or 6 the next morning. Add flour and knead it and mold at once into loaves. The time for second standing must also be increased from 1 to 2 or 3 hours.

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Graham Bread

To make one loaf of Graham bread take 1 pint of whole wheat sponge when it is light and ready for kneading, add to it a tablepoonful of molasses, and sufficient Graham flour to make a stiff batter; beat thoroughly, turn into a square greased pan, and when it has doubled its bulk and is light in weight, bake it in a moderate oven (300°) about ¾ hour.

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Rye Bread

1 pint of milk
1 yeast cake
1 pint of water
1 level teaspoonful of salt

The manipulation of this bread is precisely the same as for whole wheat bread. Follow the recipe for whole wheat bread, substituting in your mind the word "rye" for" whole wheat."

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Oatmeal Bread

2 cups of Quaker oats
1 cup of molasses
tablespoonful lard
salt

Pour over 1 quart of boiling water and let stand until cool; 1 yeast cake dissolved in a cup of lukewarm water, and add enough white flour to handle.

Boston Brown Bread

3 cups cornmeal
2 cups of sweet milk
1 cup of sour milk
1 cup of molasses
1 teaspoonful soda
1 teaspoonful salt
1½ cups white flour

Dissolve one-half the soda in the sour milk, one-half in the molasses. Mix all well, boil in tin molds 3 hours and then dry a few minutes in the oven.

Potato Egg Rolls

2 cups of potatoes boiled and mashed through a colander
1 scant cup of lard, melted
3 eggs
1 tablespoonful sugar
1 cup yeast or one cake compressed yeast
1 teaspoonful salt

Mix well and allow the sponge to rise about 2 hours; knead in enough flour to make a soft dough; let rise about 1 hour, then roll and cut into portions for rolls; place in pans so the portions do not touch and bake about 8 minutes in a quick oven.

Potato Rolls

2 good sized white potatoes boiled and mashed
1 cup sweet milk, slightly warmed
½ cup yeast or ½ cake compressed yeast
1 tablespoonful melted butter
1 tablespoonful white sugar
½ teaspoonful soda
½ teaspoonful salt

Mix mashed potatoes, milk and yeast with enough flour to make a thin batter, and let rise 4 hours. Add butter, salt, sugar, and soda, and flour enough to make a soft dough. Let rise 2 hours. Roll the dough out to about ½ inch thickness. Cut into pieces about 4 by 3 inches, turn one of the longer sides just over the other, and pinch down; place in a bread pan and bake 20 minutes in a quick oven.

Parker House Rolls

1 quart of sweet milk (heated)
½ cupful sugar
1 tablespoonful lard
1 tablespoonful butter
1 teaspoonful salt
½ cake compressed yeast

Mix all the ingredients except the yeast in the heated milk; let cool and add the yeast; add sufficient flour sifted to make a soft dough; let rise about 4 hours, or until light; and roll out without kneading; spread with butter, cut and fold; let rise about 2 hours and bake in a hot oven.

Parker House Rolls

2 quarts flour, sifted
1 large tablespoonful sweet lard
1 cupful fresh yeast
1 teaspoonful salt
enough boiled milk (cold) to make a soft dough

Rub sugar, flour and lard together, and into the center pour the milk and yeast. Do not work up; let rise over night. In the morning mix to a soft dough and let rise until light; roll out the dough to ¾ inch thick, and cut into circular pieces. Fold half the circle on itself; place a piece of butter in the fold. Fold

the other half to meet the first fold, placing the butter beneath it. Bake in a hot oven until light brown.

White Rolls

1 pint milk
3 pints flour
1 teaspoonful salt
1 teaspoonful sugar
4 ounces of lard
½ cake compressed yeast, dissolved in ½ cup water

Scald milk until a thin scum forms, and set aside to cool. Mix flour, salt, sugar and lard thoroughly. Make a well in the center. Add the yeast and water to the lukewarm milk and pour into the well. Do not stir or mix, but with your finger. Toss a little of the flour over the surface of the milk; cover and stand in a warm place for 4 hours. This should be done about 10 o'clock a. m. After 4 hours stir in the flour; knead thoroughly, adding as little extra flour as possible. When the dough has lost its stickiness, pound it 15 minutes, knead up, and put back in vessel; cover, put in a warm place until very light; roll out on board ½ inch thick; cut with round cutter; brush one-half lightly with butter, fold the other half over, place in a greased pan, cover and stand in a warm place ¾ hour. Bake in a quick oven 15 minutes.

French Rolls

1 quart flour
1 tablespoonful butter
1½ level tablespoonful sugar
1 tablespoonful mashed potatoes
½ compressed yeast cake dissolved in ½ cup cold water
scant pint milk
1 egg

Knead in soft dough, mold in small balls, putting 3 in each muffin ring. Bake when light.

Cinnamon Buns

Take any good raised dough, rolled in a sheet about ½ inch thick; sprinkle thickly with granulated sugar and ground cinna-

mon; roll it and cut in inch slices. Set to rise and when light bake in a hot oven.

Currant Buns

2 cups raised dough
1 cup of sugar
½ cup of melted butter
flour
½ teaspoonful soda
1 cup dried currants
nutmeg

Mix all together thoroughly with hands, adding sufficient flour to make it stiff enough to mold. Set to rise. Work in 1 cup of currants, wash and rubbed in flour. Mold with your hands into balls, set close together in pans, and stand until light. Bake in moderate oven until brown. Glaze with hot milk, beaten egg and sugar.

Sweet Rusk

2 quarts flour, sifted
1 cup butter
2 cups sugar
4 eggs
½ cup lard
1 cup of yeast

Beat the eggs, lukewarm milk, butter, lard and sugar, into the flour; then the yeast, and set to rise. Sweet rusk, if to be used at night should be mixed early in the morning and set to rise about 3 o'clock; work them out as you would rolls, and set for a second rising. Bake in a tolerably quick oven.

Maryland Biscuit

1 quart of winter wheat flour
1 large tablespoonful lard
1 teaspoonful salt
½ pint ice water

Rub the lard into the flour; add the salt; add gradually the water, which will make a stiff dough; pound it with an axe on a biscuit block until it will break off short and is smooth; cut it up in small pieces, and work into round biscuits; stick with a fork, stand in baking pan so they will not touch each other, and bake in quick oven 20 minutes.

Baking Powder Biscuit

1 quart of flour
2 tablespoonfuls of butter or lard
1 pint milk
2 heaping teaspoonfuls baking powder
½ teaspoonful salt

Sift baking powder and salt in flour, add shortening and mix thoroughly; then the cold milk. Mix quickly and lightly; handle as little as possible. The dough must be just stiff enough to roll out. Roll in sheets ¾ inch thick; cut in circular cakes; put in greased pans dusted with flour, just far enough apart not to touch, and bake 15 or 20 minutes in quick oven.

Soda Biscuit

3 pints of flour
1 teaspoonful of soda
1 teaspoonful of cream of tartar
1 heaping tablespoonful lard
pinch of salt
1 pint of sour milk

Sift flour with soda and cream of tartar several times; add salt, then rub in the lard; add gradually the milk; work it well and cut into biscuits and bake in quick oven.

Sally Lunn

1 pint flour (sifted)
butter half as large as an egg
2 tablespoonfuls sugar
1 egg
1 teacup milk
½ teaspoonful salt
1 teaspoonful baking powder

Mix and bake 20 minutes in oven.

Sally Lunn

1 pint of boiled milk
1 tablespoonful of butter
2 tablespoonfuls of sugar
4 tablespoonfuls of yeast
2 eggs, beaten very light
flour, to make a thick batter

Set to rise about 10 o'clock in the morning for tea.

Popovers

2 cups of milk
2 cups of flour
1 teaspoonful salt
3 eggs

Beat the eggs without separating until very light, then add the milk and salt. Add this little by little to the flour to prevent its being lumpy; strain it through a sieve, and beat it well; fill well hot greased pans half full. Bake in quick oven 20 minutes. Serve hot as a breakfast muffin. The hollow space in the middle may be filled with rich custard and used as cream puffs when cold, or with a hot sauce, or filled with jam. This quantity makes 16 popovers.

Breakfast Gems

2 cups of flour
1 cup of milk
2 teaspoonfuls of baking powder
2 teaspoonfuls melted butter
1 teaspoonful sugar
½ teaspoonful salt

Bake in gem pans in a quick oven.

Muffins

2 cups of milk
3 cups of flour (sifted)
2 eggs
2 teaspoonfuls yeast powder
1 scant teaspoonful salt

Sift the ingredients into a bowl. Beat the eggs, pour the milk into them and stir in the flour gradually to make a smooth batter. Bake in greased gem pans for about ½ hour.

Muffins (fine)

⅓ of cake of yeast
½ cup milk (large)
1 tablespoonful butter
1 egg
1 tabespoonful sugar
1 teaspoonful salt (small)
1¼ cup flour (sifted)

Heat the milk barely lukewarm and dissolve yeast and butter in it. Then add to the beaten egg sugar and salt; add flour to

right stiff batter. Leave in greased muffin rings over night in warm room. It should not be set to rise before 10 o'clock at night.

Muffins

2 cups of milk
1 cup of cold water
2 eggs
1 yeast cake
1 teaspoonful salt, and pinch of soda
1 tablespoonful sugar
flour to make a stiff batter

Mix all the ingredients except the eggs into a sponge, and set to rise over night, dissolving the yeast cake in lukewarm water. In the morning, beat the eggs very light, put in mixture and beat well with a spoon, add the soda dissolved in a little hot water, and bake in quick oven in gem pans.

English Muffins

1 pint milk
1½ pint flour
1 tablespoonful butter
½ cake of compressed yeast
1 teaspoonful salt

Heat the milk, add butter and cool. When lukewarm, dissolve the yeast, salt and flour, and beat well. Set to rise for 2 hours, add sufficient flour to make a soft dough. Cut in small pieces, and roll into balls, and set to lighten on a griddle in a warm place. When light, bake on the griddle, turning only once.

Hominy Muffins

2 cups of boiled hominy
2 cupfuls sour milk or cream
½ cupful melted butter
2 cups flour
2 tablespoonfuls sugar
2 teaspoonfuls salt
1 teaspoonful soda
3 eggs

Beat hominy smooth with melted butter, milk, salt, sugar, well beaten eggs, soda dissolved in hot water, and flour. Beat hard for 2 minutes after all is mixed. Put in greased muffins tins and bake in quick oven.

Cornmeal Muffins

2 cups of corn meal
1 cup of flour
3 cups of milk
2 teaspoonfuls of baking powder
3 eggs, beaten light
2 tablespoonfuls melted butter

Sift the dry ingredients into a bowl; beat the eggs and add the milk to them, and stir into the dry mixture and then the melted butter; pour into greased muffin rings and bake in quick oven.

Corn Muffins

1 pint of buttermilk
1 heaping teaspoonful of soda
1 teaspoonful salt
2 eggs

Dissolve the soda in a little warm water; put into the buttermilk with the salt; the eggs very light. Mix together; beat in enough meal to make a tolerably thin butter. Bake in muffin rings and serve as soon as baked.

Waffles

Mix, at night, 1 pint of milk, ¼ yeast cake, 1 pint of flour, and ¼ teaspoonful of salt. In the morning add 1 tablespoonful of melted butter and 2 eggs. Bake quickly on a hot waffle iron.

Waffles

1 pint of flour
2 eggs
1½ teaspoonful baking powder
1 saltspoonful salt
1 tablespoonful of butter or lard

Sweet milk to make a thin batter.

Rice Waffles

Stir into 2 pints of well boiled or soft rice 1 large spoonful of butter and a pinch of salt, when cool add 2 eggs well beaten, 1 pint milk, 1 pint sifted flour, ½ cake yeast; let it stand 1 or 2 hours and then bake on a waffle iron.

Buckwheat Cakes

1 quart of buckwheat flour (sifted)
4 tablespoonfuls yeast or ½ cake of compressed yeast
1 teaspoonful salt
2 tablespoonfuls corn meal
2 tablespoonfuls molasses (not syrup)
warm water, enough for a thin batter

Mix the meal in the buckwheat, stir in gradually enough warm water to make a moderately thick batter, then stir in the yeast. Set to rise over night. In the morning, add the salt, lastly molasses. Beat thoroughly. Thin with a little water if necessary, or if too thin, add a little more buckwheat flour; if it should be the least sour dissolve a little soda in hot water and put in.

Griddle Cakes

1 pint of flour
2 eggs
1 pint of milk
2 teaspoonfuls of baking powder
pinch of salt

Have the griddle hot. Sift the dry ingredients together. Beat the eggs, add the milk, sour milk or cream may be used, but if so, put in 1 level teaspoonful of soda dissolved in hot water and make a smooth batter; pour by spoonful on griddle and cook to a light brown, turning only once. The cakes may be made in the same way only adding a cup of boiled rice, canned corn or hominy, or ½ pint of Graham flour, bread crumbs or rye flour with ½ pint of white flour for variety.

Corn Meal Griddle Cakes

1 pint of scalded milk
1 cup of corn meal
1 cup of flour
2 eggs
1 teaspoonful salt
2 teaspoonfuls of baking powder
1 tablespoonful sugar

Scald the meal with the boiling milk add the sugar and stir well and cool, sift in the remaining dry ingredients; lastly the well beaten eggs, and bake immediately.

Cornmeal Griddle Cakes, Sour Milk

1 quart of sour milk
1 teaspoonful of soda dissolved in hot water
2 eggs, beaten
salt

Mix in enough sifted meal to make a thin batter.

Pancakes

1 pint of flour
4 eggs (beaten separately)
2 level teaspoonfuls baking powder
1 level saltspoonful salt
milk to make a thin batter

Beat the egg, stir in the milk, sift in the flour, salt and baking powder; lastly the well-beaten whites. Bake on a griddle over a quick, clear fire, first on one side, then on the other. Serve immediately, pass sugar and ground cinnamon, mixed in the proportion of 5 tablespoonfuls sugar to 1 of cinnamon.

Caramel Syrup for Griddle Cakes

Melt 1 cup of granulated sugar, stirring it until a light brown. Add 1 cup boiling water, stir and boil up once.

Fritter Batter

1 pint of flour
½ teaspoonful of salt
1 tablespoonful butter melted
1 cup of milk
2 eggs

Sift the flour, add the salt. Beat the egg separately to the yolk, add the milk and stir in the flour, then the melted butter. Beat the white stiff and beat into the batter and fry in deep hot fat.

Rice Fritters

Cook ½ pound of rice soft, when cool add 3 eggs, ¼ pound flour, 1 teaspoonful of yeast powder, sugar to the taste, and water enough to make a thick batter. Cook by dropping a spoonful at a time in boiling lard.

Banana Fritters

4 eggs
1 pint milk
pinch salt
flour for a thin batter

Beat the eggs into the milk, add salt and flour. Stir in thickly bananas sliced thin. Fry in hot lard in which has been dropped a lump of butter; drain on brown paper. Sprinkle with powdered sugar.

Hoecake

1 quart of meal
2 tablespoonfuls melted lard
2 teaspoonfuls salt
enough warm water to make a thick batter

Mix the salt with the meal, pour in water, and lastly the melted lard, beat thoroughly, and bake in greased pan in quick oven.

Corn Bread

1 pint corn meal
1 pint milk
1 pint water
1 teaspoonful salt
1 teaspoonful sugar
2 teaspoonfuls baking powder
2 eggs
1 tablespoonful of lard

Mix salt and baking powder with sifted flour, into which rub the lard; beat the eggs light and add milk and water, then the flour. Bake in tins in quick oven till brown.

Corn Pone

1 pint corn meal
1 pint milk
1 tablespoonful brown sugar
1 tablespoonful baking powder
1 pint boiling water
1 tablespoonful flour
2 tablespoonfuls butter or lard
3 eggs well beaten

Scald the meal with the boiling water, and let it stand until cold. Sift the other ingredients into a bowl. Separate the eggs, beat the yolks and add the milk to them; stir the milk and eggs into the scalded meal gradually and beat well. Then add the dry ingredients, the melted butter, and lastly fold in the well beaten whites. Bake in hot oven.

Spoon Batter Bread

Take 2 cupfuls of water, 1 saltspoonful salt, and bring to a boil and stir in slowly 1 cup of sifted cornmeal and 1 tablespoonful of lard and butter mixed. Stir until it thickens and set aside to cool. When cool, mash in this 3 eggs one at a time, and when well mixed add 1 cup rich, sweet milk, mix smooth, cook on top of stove for a few minutes in a deep dish and brown in the oven.

Rice Corn Bread

1 cup meal scalded in 2 cups boiling water
1 saltspoonful salt
1 heaping tablespoonful butter
1½ cups milk
1 cup boiled rice
2 eggs, beaten separately

Pie Crust

1 quart of flour, sifted
¼ pound of lard
¼ pound of butter
½ teaspoonful salt
enough ice water to make a stiff dough

Sift the flour into a bowl, mix with the salt and then the lard. Chop half the butter up fine into the flour, wet with the ice water to a stiff dough. Flour the hands, and make the dough into a lump with as little handling as possible. Put it on a marble slab and roll into a sheet ¼ of an inch. Always roll from you, with as little pressure as possible. Stick little pieces of butter over it, dredge with flour, roll up, and roll out again, and stand in a cold place, for several hours if you have the time. When ready to bake roll out thin again, butter the pie plate, lay the paste lightly on it. You may save enough for a top crust, or stripe the tops with paste, or not at all according to the ingredients to be used. Bake in a moderate oven, being careful to have the bottom as hot as the top. If a richer crust be desired, increase the proportions of lard and butter.

Croutons

Cut bread a day or more old into ¼ inch cubes. Put in pan and bake in a moderate oven until light brown. Stir occasionally to prevent burning.

Dried Bread Crumbs

Dry pieces of stale bread in a warm oven until crisp, but not brown. Crush fine with a rolling-pin; sift, and when quite cold, store in glass jars, to use in covering croquettes, etc., for frying. Tie double cheese-cloth over the top of jars, instead of the usual covers, as the crumbs are less likely to acquire a stale taste and odor.

Dry Toast

Cut stale bread into slices ¼ of an inch thick; dry first on one side then on the other by holding it several inches above a clear fire; then hold nearer the fire, moving it from side to side to avoid scorching, and toast until a delicate brown.

Water Toast

Allow ½ teaspoonful salt to 1 cup boiling water. Dip slices of dry toast quickly into the salted water; spread with butter, and serve hot.

White or Cream Sauce for Toast

1 cup milk
1 tablespoonful flour or ¾ tablespoonful cornstarch
1 teaspoonful butter
½ teaspoonful salt

Reserve 2 tablespoonfuls of milk, cold; scald the remainder; mix flour or cornstarch with cold milk, until smooth; add hot milk slowly, stirring all the time; boil 5 minutes; add butter and salt; serve hot. This quantity of sauce is sufficient for from 4 to 6 slices of toast. Pour sauce between and over slices. Toast

may or may not be dipped in salted water before adding sauce, as preferred.

Milk Toast

Milk toast is made as water toast, substituting hot milk for the water. After dipping the slices, the remaining milk is poured over them.

Cream Toast

Substitute cream for milk, or thicken milk to the consistency of cream, with flour or cornstarch.

SANDWICHES

Use bread a day old. Remove the crust from a loaf of bread and cut in thin slices, they may be cut in fancy shapes, or diagonally across the slices, being very careful to keep them even. Put in piles on a plate and cover with a damp cloth or wrap them in paraffin paper.

Filling for Sandwiches

A nice filling for sandwiches is made from slices of thin bacon fried and rubbed to a paste in butter.

Nut Sandwiches

1 cupful finely chopped nuts
2 tablespoonfuls olive oil
1 teaspoonful mixed mustard
1 saltspoonful salt
dash cayenne
juice of 1 lemon

Mix all together thoroughly, and spread on thin slices of Boston brown bread.

Egg Sandwich

Chop the whites of the hard boiled eggs very fine. Mix the yolks smooth with mayonnaise. Mix together and spread.

Cheese Sandwich

Grate the cheese; rub it to a paste with melted butter. Season with salt and pepper and spread.

Nut and Cheese Sandwich

Mix equal parts of cream cheese and English walnuts, chopped fine, season with a little salt, and spread.

Nut and Fruit Sandwich

Mix equal parts of English walnuts, chopped fine with chopped figs and spread on thin slices of bread.

Lettuce or Cress Sandwiches

Butter thin slices of bread, put on mayonnaise and fill with crisp lettuce leaves or cress.

Cucumber Sandwiches

Pare and slice the cucumbers, stand in cold water for 1 hour, spread the dressing on the bread and fill with slices of cucumber.

Sardine Sandwiches

Drain the oil from a can of sardines, remove the skin, mash to a paste, add a teaspoonful lemon juice, and spread on thin slices of bread.

Chicken or Ham Sandwiches

Take ¼ pound of butter and rub into it a little mustard and spread on thin slices of bread, using as a filling the minced white meat of chicken or ham.

Club Sandwiches

3 slices of bread, toasted. On one side place a lettuce leaf, and on that a slice of the breast of chicken, then put another slice of toast with another lettuce leaf, followed by thin slice of broiled breakfast bacon, topped with a third slice of toast. Finish the the sandwich with a thin slice of pickle, cut lengthwise of the cucumber. The bread and bacon should be hot.

Apple Sandwiches

Take 2 thin slices of bread buttered, and place between them a thin slice of tart apple, which has been steeped in a mixture of lemon juice and sugar for an hour.

Fig Sandwich

½ pound finely chopped figs
½ cupful sugar
½ cupful boiling water
2 tablespoonfuls lemon juice

Mix these ingredients, and cook in double boiler until thick enough to spread. Spread between thin slices of bread.

Olive Sandwiches

Between thin slices of buttered bread place a layer of Neufchatel cheese mixed to a paste with equal quantities of cream and salad dressing and covered thickly with chopped olives.

Salted Almonds

Blanch the almonds and sprinkle with salt while damp, melt a large lump of butter in a baking pan, pour the nuts into the pan, and toast a delicate brown in a quick oven.

Salted Peanuts

Shell the nuts and remove all the brown skins. To a cup of nuts put 1 tablespoonful of olive oil or butter; let stand for 1 hour, then sprinkle over them 1 tablespoonful of salt. Spread on tin pans and brown carefully in a moderate oven.

BUTTER AND MILK

Devonshire Cream

Put 3 or 4 quarts of fresh milk in a large pan, stand in a cold place for 12 hours; then stand over a pan of boiling water, without disturbing the cream; keep the water boiling until a line of bubbles ½ inch wide forms all around the pan of milk; take it from the fire, cool; skim off the cream with a perforated skimmer. Serve over fruits, pies or pudding. Use the milk for any kind of cooking.

Butter

Put in a glass butter churn that comes for the purpose, and churn until the butter separates from the liquid portion. Collect the particles of butter with a spoon, pressing out as much of the milk as possible. Wash the butter in very cold water until the water is clear; put butter into a dry bowl, sprinkle with the salt, and work the salt thoroughly into the butter with a spoon. Form butter into a cake or fancy shapes. The salt may be omitted.

Butter Balls

Small wooden paddles, or "butter-hands," plain or grooved, are used for forming butter into balls or other fancy shapes. Let the butter-hands stand in boiling water five minutes; then put them into very cold water, and chill thoroughly. Have ready a large bowl of cold water. Cut the butter into pieces ¾ inch square, and drop into the cold water. Roll them lightly one at a time, between the butter-hands until of the desired shape. Arrange them on a flat dish, and chill. Use a small fork in serving them.

Milk

Sterilization will undoubtedly kill the germs in milk, but the high temperature required alters the flavor and also renders the milk less digestible for many. The method called pasteurization consists in heating the milk to 158° F. and keeping it at that temperature for 20 or 30 minutes. It is then cooled rapidly, and will usually keep 3 or 4 days when covered and kept in a cool place.

Pasteurized Milk

Fill sterilized bottles or jars nearly full with milk; cork with cotton which has been baked in the oven till yellow. Place bottle on a rest in a deep pan so that they will not touch the bottom of pan. Fill the pan with enough cold water to reach as high as the milk in the bottles. Place over the fire, and heat to 158° F., if a thermometer is used. If not, heat until small bubbles appear in the milk next to the glass. Remove to back of stove where milk cannot become any hotter; keep it there from 20 to 30 minutes; then place the bottles first in lukewarm and then in cold water until milk is also cold. Keep them in a cold place. Do not remove stoppers until ready for use.

Sour Milk Cheese

1 quart thick sour milk
2 teaspoonfuls butter
½ teaspoonful salt
1 tablespoonful cream

Put the milk into a sauce pan, and heat slowly until the curd separates from the whey. Place a piece of cheese-cloth in a strainer; place strainer over a bowl, and pour in the milk. Lift the edges of the cloth and draw them together and twist, pressing the curd as dry as possible. Put curd in a small bowl, with butter, salt and cream; mix together lightly with a fork.

Creamed Cheese on Toast

1 tablespoonful flour
¼ cup cold cream
¾ cup scalded milk
1 cup chopped cheese
1 teaspoonful butter
⅛ teaspoonful salt
speck cayenne
1 egg

Mix the flour with the cold milk; stir in the scalded milk, and boil 5 minutes, stirring all the time. Add the cheese, and when melted add salt, pepper and butter, and the beaten egg. Cook 1 minute and pour over slices of toasted bread or crackers. Serve at once.

Baked Crackers with Cheese

Split common crackers in halves, and butter the inside slightly. Put them, buttered side up, in a pan, and bake in a hot oven until light brown. Remove from oven , and sprinkle each half with grated cheese. Allow for each whole cracker 1 tablespoonful of cheese, a few grains of salt, and pepper, if liked. Return to oven, and cook until cheese is melted.

Cheese Straws

Take ¼ pound of flour, 2 tablespoonfuls butter broken in the flour and rubbed until smooth, 2 tablespoonfuls good cheese grated, the yolks of 2 eggs and the white of 1; season with a little salt, mix all together; roll out to the thickness of rather less than ¼ inch; place on a well buttered tin and cut into very narrow strips 4 or 5 inches long; bake in a moderate oven for 5 minutes.

Cheese Croquettes

2 tablespoonfuls butter
4 tablespoonfuls flour
⅛ teaspoonful salt
½ teaspoonful mustard
1 cup milk
1 cup grated cheese
1 tablespoonful parmesan cheese
2 egg yolks

Let mixture get very cold. Shape and fry in boiling lard.

Welsh Rarebit

Take ½ pound cheese, cut in small pieces and melt it in a sauce pan and add 1 tablespoonful butter, when about melted, 2 eggs beaten, without separating. Mix well, and add 4 tablespoonfuls cream, stir and cook until smooth, season with salt and a dash of cayenne and serve on crackers.

Welsh Rarebit

1 pound chopped cheese
1 tablespoonful butter
1 teaspoonful dry mustard
1 half glass ale
salt
cayenne

Put the butter in sauce pan and when soft add cheese and stir until it melts. Add quickly the mustard, salt and cayenne. Stir all the time. Add a little ale to keep from burning, adding more as necessary. When it has melted to a smooth thin paste, serve immediately on toast.

EGGS

Soft Cooked Eggs

Put into a sauce pan enough boiling water to cover the eggs. A general rule is to allow 1 pint of water for 2 eggs, and an extra cupful for each additional egg. If eggs are very cold pour warm water over them before putting into boiling water, or use more boiling water. Put the boiling water into a sauce pan, place the eggs in the water with a spoon, and cover the sauce pan. Remove at once from the fire to the table and let stand 8 to 10 minutes. Serve in heated cups.

Hard Cooked Eggs

Cook in the same manner as preceding receipe, placing sauce pan on back of the stove, where the water will keep hot but not boil, for from 30 to 45 minutes. When removed from the hot water the shells may be more quickly removed if the eggs are put into cold water for a few minutes.

Poached Eggs

Prepare a slice of buttered toast for each egg, and keep it hot. Have ready a shallow pan containing enough boiling salted water to cover the eggs, allowing 1 teaspoonful of salt to 1 pint of water. Before putting in the eggs place the pan where the water will keep hot but not boil. Break each egg separately into a saucer and slip it carefully in the water. Cook until the white is firm, and a film forms over the top of yolk. Pour water over the yolk with a spoon if necessary. Remove eggs with a skimmer, drain,

and slip on the toast, add salt, pepper and butter to taste. Serve immediately.

Golden Rod Eggs

3 hard-cooked eggs
½ teaspoonful salt
¼ saltspoonful pepper
4 or 5 slices of toast

Make 1 cup of thin white sauce, as previously directed. Separate yolks from white of eggs. Chop whites fine, and add them to the white sauce. Arrange the toast on a hot platter, and cover with white sauce. Press the yolks through a coarse strainer or a vegetable strainer, over the white sauce. Cover, and place in a moderate oven 5 minutes and serve hot. Hot cooked rice may be used instead of toast. The dish may be garnished with "toast points," made by cutting slices of toast into pieces about 1½ inch square, and dividing each square diagonally.

Steamed Eggs

Separate white and yolk of egg. Beat white to a stiff froth, and put into a cup. Put the yolk (whole) into the center. Place cup in a steamer, or in a sauce pan containing enough boiling water to reach half way to the top of cup. Cover the sauce pan, remove from fire, and let stand 5 to 10 minutes. Serve at once; season to taste. The yolk may be beaten and mixed lightly with the beaten white before cooking, if preferred.

Creamy Eggs

4 eggs
2 cups of milk
1 tablespoonful butter
½ teaspoonful salt
pepper to taste

Scald the milk; beat eggs until thoroughly mixed, but not frothy, add salt and pepper if used. Pour the milk on slowly, and when well mixed put into the top of double boiler, and stir until mixture

becomes thick and creamy. Add butter and pour over slices of toast. Serve hot. The butter may be omitted.

Scrambled Eggs

5 eggs
½ cup milk
½ teaspoonful salt
¼ saltspoonful pepper
2 tablespoonfuls butter

Beat eggs slightly, and add salt, pepper and milk. Melt the butter in a frying pan, pour in the egg mixture, and cook slowly, continually scraping from bottom of pan. When creamy, turn upon a hot dish and serve at once. Finely chopped cold ham may be added, using a tablespoonful for each egg. If ham is used omit salt, and season to taste.

Cheese Omelet

Beat the yolks of 3 eggs, add 1 tablespoonful of milk and a little salt, then the beaten whites. Melt 1 tablespoonful of butter in a frying pan; when bubbling, pour in the omelet, let it cook till light brown underneath. Sprinkle over the top 1 or 2 tablespoonfuls of grated cheese. Place in the oven to dry, fold and serve very hot.

Ham Omelet

Beat 4 eggs till feathery, then add 3 large spoonfuls of finely minced ham; butter the frying pan well, and pour all in; when well set, roll up all like a jelly roll, and serve immediately.

Corn Omelet

½ dozen ears corn (grated)
1 cupful rich cream and milk
2 large eggs (or 3 small ones) yolk and whites beaten separately

Beat yolks, add cream, and stir in a cupful of corn at a time, stir into the stiff whites, put in a hot frying pan, with a little butter over the bottom, fry brown and serve immediately.

Timbale of Ham

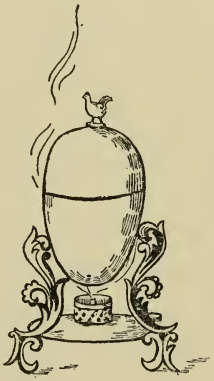
1 cup ham, chopped fine
1 cup cream, thickened with flour
3 eggs

Mix all well together, bake for ½ hour, turn out on a flat dish and pour over it a cream sauce.

Eggs and Peppers

2 tablespoonfuls butter
4 tablespoonfuls chopped green peppers
2 tablespoonfuls grated cheese
3 eggs
¼ cup of cream

Cook 1 minute, add 3 eggs well beaten, and ¼ cupful cream and cook until thick.



COOKING FRUITS

General rule for cooking dried fruits. Wash thoroughly but quickly, in cold or slightly warm water, rubbing the fruit between the hands. Change the water until the fruit is clean. Cover the fruit with clean water, and let it soak several hours, if possible. Allow 1 quart of water for ½ pound of dried fruits. Cook until soft, in the water used for soaking. Long soaking, and quick cooking give a flavor most like that of the fresh fruit. During hot weather fruit is liable to sour when put to soak over night; to avoid this put it in the refrigerator while soaking.

Stewed Prunes

Wash and pick over the prunes, put them to soak over night in the water they are to be cooked in. Cook until soft, and if you desire more sweetness add a little sugar about 5 minutes before taking off the fire.

Steamed Apples

Wipe, core and pare sour apples; put them on a plate in a steamer, and cook until the apples are tender; strain the juice and make a syrup, using ¼ cup sugar to ½ cup juice; boil 5 minutes and pour over the apples. 1 teaspoonful lemon juice may be added.

Coddled Apples

Wipe, quarter and pare 8 sour apples. Make a syrup by boiling together 1 cup sugar and 2 cups water, for 3 minutes; cook as

many pieces of the apple as will float in the syrup; when soft, remove them, and add more apple. Pour the syrup over the apples when all are cooked. They may be cooked whole. The syrup may be flavored with the rind and juice of ¼ lemon, or an inch of stick cinnamon may be cooked with it.

Baked Apples

Wipe and core sour apples; they may be pared, if liked. Put them in an agate or earthenware baking dish; fill each center with sugar; use 1 teaspoonful of water for each apple, and pour it around, not over them. Bake until apples are soft, from 30 to 45 minutes, basting them every 10 minutes. Place them in a dish, and pour the juice over them. Serve cold.

Baked Bananas

6 bananas
2 tablespoonfuls butter melted
juice of 1 lemon
¼ cup sugar

Use firm bananas, not over-ripe. Remove skins, cut in ½ lengthwise, and place in shallow baking dish. Mix melted butter, sugar and lemon juice, and spread half of the mixture over bananas. Use remainder for basting fruit while baking. Bake 20 minutes in slow oven.

Stewed Evaporated Apricots, Peaches and Apples

Wash thoroughly, soak in cold water over night, put on in the morning in the water in which they were soaked, just enough to cover them, and simmer slowly two hours, closely covered; add sugar 5 minutes before taking from the stove. Serve cold or use for pies, puddings, etc.

Cranberry Sauce

1 quart of cranberries
1 pint water
2 cups sugar

Pick over and wash cranberries. Put cranberries and water in sauce pan; cover and cook 8 minutes or until skins burst. Press them through a collander, add sugar, and boil 5 minutes.

Stewed Rhubarb

Wash the rhubarb and cut it in 1 inch pieces, do not peel it, allowing 1 pound of sugar to 2 cups of rhubarb. Put it into the sauce pan, cover with the sugar, and put on the back of the stove until it melts, then bring it to a boil without stirring. Cool and serve.

Spiced Prunes

Wash and soak over night 1 pint of prunes in water enough to cover well. Stew until the skins are soft, then pour off the water and add a cupful of good cider vinegar, 2 cups of sugar, cloves and cinnamon to suit the taste.

DESSERTS

Christmas Plum Pudding

2 pounds bread crumbs, sifted
1 pound moist brown sugar
1 pound suet, chopped fine and rubbed well in flour, with a pinch of salt
2 tablespoonfuls flour
1½ pound raisins, chopped, not too fine
1 pound currants, washed, dried rubbed in flour
¼ pound candied peel
1 cup nuts, chopped fine
1 teaspoonful each of cinnamon, allspice, nutmeg, ginger and cloves
3 eggs

Mix all well together, moisten with a little milk. Dip pudding bags in boiling water and flour, put the batter in the bags; tie, steam 5 hours. Eat with hard sauce.

Carrot Pudding

1 pound flour
1 pound cooked and mashed carrots
1 pound currants
1 pound raisins
1 cup moist brown sugar
½ pound chopped suet
1 teaspoonful salt

Boil 3½ hours.

Queen Pudding

1½ cup sugar
2 cups grated bread crumbs
1 quart rich sweet milk
4 eggs
1 tablespoonful butter
½ cup jelly or jam
1 teaspoonful vanilla

Cream the butter and 1 cup sugar, add the well beaten yolks, stir, then the milk in which the bread crumbs have been soaked, and flavor, put in a pudding dish two-thirds full, bake in the oven, until the custard is set. Spread with the jelly, make a meringue of the whites, and remaining ½ cup of sugar, return to the oven

for a few minutes or until the meringue is slightly browned. Serve with hot or cold sauce or cream.

Fig Pudding

½ pound figs, chopped fine
½ pound of suet, chopped fine
½ pound brown sugar
½ pound bread crumbs
3 eggs beaten light
1 nutmeg, grated
1 lemon, juice and grated rind cup of milk
glassful grape juice

Steam 4 hours in a mold and serve with a boiled sauce.

Huckleberry Pudding

1½ cups of sugar
½ cup butter
3 cups flour
1 pint huckleberries
1 cup of fresh milk
2 eggs
2 teaspoonfuls baking powder

Mix and stir in the berries lightly and bake.

Apple Tapioca or Sago Pudding

¾ cup tapioca or sago
cold water to cover
3 cups boiling water
½ teaspoonful salt
6 or 7 sour apples
½ cup sugar
¼ teaspoonful cinnamon, or ⅛ teaspoonful nutmeg

Pick over and wash the tapioca or sago; cover with cold water, and soak over night; drain and add boiling water and salt; cook in a double boiler until tapioca or sago is clear. Core and pare the apples; put them into a buttered baking dish; mix sugar and spice, and fill cavities of apples; pour the tapioca over them and bake until apples are soft. Serve with cream or milk and sugar. Rhubarb may be used instead of apples. The fruit may be sliced and cooked in double boiler, with the tapioca or sago, for 5 minutes before putting into baking dish. Pearl, flake or minute tapioca may be used; minute tapioca needs no soaking.

Cocoanut Pudding

4 tablespoonfuls of pearl tapioca
1 cup of grated cocoanut
2 tablespoonfuls sugar
1 quart milk
4 eggs

Wash the tapioca, cover it with cold water, and let it stand over night. Next morning add to it the milk, and cook in a double boiler at least 10 minutes. Beat the yolks of the eggs and the sugar together, add them to the milk, and half of the cocoanut; cook for 5 minutes longer; take from the fire, and when cold turn into a shallow glass dish. Beat the whites of the eggs until light; add 4 tablespoonfuls of powdered sugar, and beat again; spread this over the top, and sprinkle over the remaining portion of the cocoanut. Put a piece of thick paper around the dish, and run it into a quick oven until slightly brown.

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Bread Pudding

1 loaf bread, pour over enough boiling water to moisten the bread
½ pound suet, chopped fine
1 pound raisins (stoned)
1 cup sugar
2 eggs
pinch salt

Put in a bag and boil for 2 hours. Eat with sauce.

Crust Pudding

2 cups bread crusts
½ cup sugar
pinch of salt
¼ teaspoonful cinnamon
½ cup raisins (seeded)
2 cups milk

Scald the milk; break crust in small pieces, and brown in oven; add sugar, salt, cinnamon and raisins; mix well; pour on milk, and let it stand 10 minutes; bake until milk is absorbed. A beaten egg may be mixed with the sugar, salt and cinnamon, and the milk added slowly before pouring over the crumbs. Use 3 cups of milk

if egg is used. Half cup of molasses may be used instead of sugar. Serve with hard sauce.

Cottage Pudding

3 cups of flour
1 cup of sugar
1 cup of milk
2 tablespoonfuls butter
1 egg
2 teaspoonfuls baking powder

Flavor with lemon, and bake ½ hour and serve with a sauce made with:

1 cup butter
2 cups powder sugar beaten to a cream
½ teaspoonful vanilla
2 tablespoonfuls of wine, if you use it
½ pint of boiling water

Roly-Poly Pudding

One pint of flour, 2 teaspoonfuls of baking powder, 1 tablespoonful of butter, and milk to make a soft dough. Mix and roll out ½ inch thick, nearly square. Spread with sliced apples, peaches, apricots, berries of any kind, cranberries; roll it up, put into a biscuit tin and bake. Or roll up in a floured cloth, tie up and steam. Serve with liquid sauce.

Nun's Puffs

4 eggs
½ pint of milk
½ pint of flour

Beat the eggs without separating, until light, add the milk; pour this gradually into the flour, mix and beat until smooth. Strain through an ordinary strainer, and pour at once into twelve greased muffin cups or gem pans. Bake in a moderate oven (300° F.) for 30 minutes. If the oven is too hot the puffs will not be light. They must bake until they are like little balloons. If they fall when taken from the oven, they are not done. Serve warm with liquid pudding sauce.

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Hard Sauce

¼ cup butter
½ cup powdered sugar

Rub the butter in a bowl until creamy; add the sugar gradually, then the flavoring (a tablespoonful of brandy, if you use it) or a teaspoonful vanilla. A little nutmeg may be grated over the top. Put in a cold place to harden. Serve with hot pudding.

Plain Sauce

¼ pound butter
4 tablespoonfuls flour
1 pint boiling water
1 cup sugar
½ teaspoonful cinnamon

Melt the butter, remove from fire, and stir in the flour. Pour in the water gradually, and boil, stirring constantly. Add the sugar and cinnamon, stir until it dissolves.

Nutmeg Sauce

1½ tablespoonful flour
½ cup sugar
⅛ teaspoonful grated nutmeg
1 cup boiling water
1 tablespoonful butter

Mix flour and sugar; add water gradually, stirring constantly; boil 5 minutes; remove from the fire; add butter and nutmeg.

Nogg Sauce

¾ cup of cream
1 egg
2 tablespoonfuls of sherry if you use wine
½ cup milk
4 tablespoonfuls of powdered sugar
1 teaspoonful vanilla

Separate the egg; beat the white until stiff, then add the yolk, and beat again. Add the sugar to the cream and milk mixed; stir until the sugar is dissolved, and then add it gradually to the egg. Mix thoroughly; pour backwards and forward from one vessel to another; add the sherry and vanilla, and it is ready to serve. This may be served with baked or boiled puddings.

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Maple Syrup Pudding Sauce

1 cup maple sugar
½ cup water
2 eggs (whites only)
½ cup sweet cream
flavor to taste

Boil the sugar and water until it threads, add slowly the well beaten whites, and the cream and flavor.

Egg Sauce

¼ cup hot milk
2 eggs, whites and yolks separated
1 cup powdered sugar
1 teaspoonful vanilla

Heat the milk; beat egg yolks until creamy; add half the sugar; beat well, and add the hot milk gradually. Beat the whites very stiff, add remaining sugar gradually; combine with yolk mixture. Add vanilla last.

Lemon Sauce

1 teacupful of sugar, ½ teacup of butter, 1 tablespoonful of flour, all well mixed together. Add also the grated rind of a lemon and a pint of boiling water. Boil 5 minutes. When ready to serve squeeze into the sauce the juice of 1 lemon.

Apple Dumpling

1 quart of flour
1 tablespoonful butter or lard
2 teaspoonfuls cream of tartar
1 teaspoonful soda
pinch salt

Milk to make a dough that can be rolled out. Fold in sour halved apples, and steam or bake. Baking will require 20 minutes. Steaming 1 hour.

Strawberry Short Cake

1 quart of strawberries
1 pint of flour
1 teaspoonful of baking powder
1 tablespoonful butter
1½ cup of milk

Sift the baking powder and flour several times; rub in thoroughly the butter; add the milk gradually until you have a dough

sufficiently soft to handle easily. Turn it out on the board, knead, roll into a sheet ½ inch in thickness, and cut into a large, round, or oblong cake. Put it at once into a greased baking pan. Brush the top with milk and bake in a quick oven for 20 minutes. Stem and mash the berries and add a cup of sugar. As soon as the short cake is thoroughly baked, take it from the oven, separate by pulling it apart, do not cut it, lay the top crust aside and put half the strawberries over the under crust. Put on the top crust, and cover it with the remaining berries. Send at once to the table. Serve with it if possible a pitcher of cream. Milk cannot be substituted, better eat it plain, than to mix milk with the berries. For Blackberry, Raspberry, and Peach Short Cake substitute these fruits for the strawberries.

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Peach Cobbler

Make a rich biscuit crust, rolled thick and line a dish, put in a layer of peeled and halved peaches, sprinkle with sugar and flour and bits of butter and fill the dish; pour over it some boiling water. Cover with a top crust, stick with a fork, and bake in a moderate oven until peaches are done.

Cream Puffs

One cup of hot water, ½ cup of butter, boil together; while boiling stir in 1 cup of sifted flour; move from the fire and stir into a smooth paste; when cool add three "unbeaten" eggs, stirring 5 minutes; drop in spoonful on buttered tins and bake in a quick oven for 25 minutes.

Cream: 1 cup of milk, ½ cup sugar, 1 egg, 3 tablespoonfuls of flour, cook thoroughly and flavor. When cream and puffs are cold cut puffs open with sharp knife and fill with cream.

Charlotte Russe

1 pint cream
¼ box gelatin
⅔ cup of powdered sugar
1 teaspoonful vanilla
4 tablespoonfuls sherry, if you use it

Cover the gelatin with ½ cup of cold water; let it soak while you whip the cream. Turn the cream into a bowl; sprinkle over the sugar. Dissolve the gelatin over hot water; add 4 tablespoonfuls of cream or milk, and strain into the whipped cream; add the flavoring. Stand the bowl in a pan of cracked ice or ice water; stir carefully and constantly from sides and bottom of the pan until the mixture begins to thicken. Turn at once into a mold, and stand in a cold place. The mold may be lined with lady fingers, or it may be turned out on a sheet of sponge cake or it may be served on a layer of lady fingers in the bottom of a glass dish.

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Mock Charlotte

1 pint of water
4 level tablespoonfuls cornstarch
½ cup sugar
4 eggs

Moisten the cornstarch with ½ cup of water, add the pint of boiling water, and stir until it reaches the boiling point. Add the sugar; and pour slowly, while hot, into the well beaten whites of the eggs. Add a teaspoonful vanilla and turn at once into a mold. Serve with soft custard sauce made from a pint of milk and the yolks of the eggs. If the yolks are needed for other dishes, this pudding may be garnished with fruit and served with fruit sauce.

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Washington Sponge

½ box (one ounce) gelatin
1 cup sugar
1 pint boiling water
½ cup of cold water
1 teaspoonful of vanilla
4 tablespoonfuls sherry, if you use it
whites of three eggs

Cover the gelatin with cold water and let it soak ½ hour; then add the sugar, the boiling water, and the juice of two lemons; stir until the sugar is dissolved; add the vanilla; strain, and when cold and slightly thickened, drop in the unbeaten whites of the eggs, and add the wine. Stand the bowl in a pan of ice water and with an ordinary egg whip, beat the mixture until it is white as snow. If the mixture is too thin, the gelatin will settle to the bottom. It is a waste of time to begin to beat until the mixture is sufficiently congealed to hold the air. Turn into a mold, and stand aside until perfectly cold. Serve with soft custard sauce made from the yolks of the eggs.

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Fruit Sago

1 cup pearled sago
2 cups cold water
1 pint fruit syrup
½ cup sugar

Soak the sago over night in the water; in the morning cook until transparent, add the sugar and fruit syrup; when cool, turn in a glass dish and serve, when ice cold, with sugar and cream. This is nice made with 1 pint of grape or blackberry juice when use 1 cup of sugar.

Prune Pudding

Take 1 pound of prunes, and soak in 1 quart and ½ pint of water until soft. Put them on in that water and cook until tender, then add 2 cups of sugar, and cook 15 minutes longer. Then take the prunes out of the water, take out the seed and cut the prunes in 4 pieces. Soak ⅓ box of gelatine in a gill of wine, a

tablespoonful of brandy, and the juice of one lemon; set this in a warm place, then mix the prunes and water the prunes were boiled in, and put in a dish to cool. Serve with cream.

Chocolate Cream Pudding

2 ounces of chocolate
3 level tablespoonfuls of cornstarch
1 pint boiling water
whites of 3 eggs
½ cup of sugar

Moisten the cornstarch with 6 tablespoonfuls of cold water, add hastily the boiling water, cook for a moment, add the sugar and the chocolate grated. Stir until the mixture is smooth and the chocolate thoroughly dissolved. Pour while hot into the well beaten whites; turn at once into a mold and stand in a cool place for 3 or 4 hours. Serve with hot chocolate sauce.

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Cornstarch Pudding

1 quart milk
4 level tablespoonfuls cornstarch
1 cup sugar
pinch salt
2 tablespoonfuls cocoa
1 scant teaspoonful vanilla

Scald the milk, with a pinch salt, in a double boiler, reserving a little cold milk to moisten the cornstarch, add the cornstarch, cocoa and sugar, stir constantly and let it boil until it thickens; add the vanilla, pour in molds that have been wet with cold water.

Cream Rice Pudding

½ cup rice
2 quarts milk
½ teaspoonful salt
½ cup sugar
1 stick cinnamon 3 inches long

Soak the washed rice in the cold milk several hours, put it into a pudding dish and bake, covered in a moderate oven 2 hours. Stir it occasionally and add salt and sugar when rice is nearly soft. Remove the cover, the last ½ hour, and brown slightly.

Serve hot or cold. The pudding may be cooked on top of the stove, then put in oven and brown. You may add a cup of seeded raisins if you prefer.

Rice Meringue

Cook gently ½ cup of rice in a pint of milk, let it cool a little, and stir in 1 tablespoonful butter, ½ cup of white sugar, rind of a lemon, yolks of 5 eggs, pour the mixture into a well buttered pan, and lay lightly and evenly over the top the whites of 4 eggs beaten to a stiff froth, sift over it powdered sugar. Bake the pudding for 10 minutes in a gentle oven.

Molasses Pudding

1½ cup N. O. molasses
½ cup butter and lard mixed
2 cups flour
½ cup sour milk
½ cup brown sugar
½ teaspoon soda dissolved in molasses
1 large well beaten egg

Steam or bake in loaf, and serve with the following sauce:

½ cup brown sugar, heaping
½ cup granulated sugar
¼ cup butter
1 egg
2 tablespoonfuls wine

Cream, butter and sugar together, add egg, and beat light; then wine; cook over hot water until a thick cream.

Almond Pudding

4 tablespoonfuls white bread crumbs steeped in a pint of cream.
1 cup of blanched almonds rubbed to a paste with some water
beat the yolks of 6 eggs and the whites of three

Mix all together, add ½ cup of sugar and 1 tablespoonful of butter creamed. Put over the fire, stir until it thickens and bake in puff paste.

Rice Chocolate Pudding

Scald 1 quart of milk with 2 squares of melted chocolate. Add to it a cup of cooked rice, and a cup sugar, and yolks of 4 eggs well beaten, put in a well greased baking dish and bake. Whip the remaining whites to a stiff froth, pile on top of the pudding. Sprinkle with sugar and set in the oven to brown. Serve cold with cream.

The Gordon Pie Crust

The Gordon pie crust is the kind that husbands refer to when they tell their wives my mother's pie crust would melt in the mouth. Sift a level teaspoonful of salt with a pound of flour; rub ¼ pound of butter into the flour with the hands, until so thoroughly mixed as to present the appearance of meal; stir with them just enough cold water to make a pastry that can be rolled out, and then use it. This is one of the simplest pastries, easily made and delicious.

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Mince Meat

2 pounds lean meat
2 pounds raisins (seeded)
2 pounds currants (washed and dried)
½ pound citron, (chopped)
¾ pound suet (chopped)
4 pounds sugar
1 teaspoonful each ground cloves, nutmeg, cinnamon
½ dozen oranges
½ dozen lemons
¾ peck Pippins
syrup, small quantity

Thin with strong lemonade when desired to use.

Mince Pies without Meat

6 pounds apples, pared, cored and sliced
3 pounds raisins, seeded
3 pounds suet, chopped fine
1 teaspoonful each mace, cinnamon and cloves
3 pounds sugar
1 teaspoonful salt
4 lemons
¼ pound citron, chopped
2 oranges
¼ pound conserve lemon rind, also same of orange
½ pint each of wine and brandy

Florida Orange Pie

Grate the yellow rind and squeeze the juice of 4 oranges; beat the yolks of 8 eggs to a cream; beat to a cream ¼ pound of butter and ½ pound of sugar; mix all these ingredients to a smooth cream; then quickly beat the whites of the eggs to a stiff froth and stir them lightly into the other ingredients; put the mixture at once into the plates lined with pastry and bake them ½ hour in a rather hot stove oven, taking care that they do not burn. The pies may be used hot or be allowed to cool, and then made quite cold on ice. If the bottom of your oven should be too hot cover it with sand an inch thick and let it stay there.

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Chocolate Pie

For chocolate pie grate 3 tablespoonfuls of chocolate, melt over hot water, blend with it 4 tablespoonfuls of sugar and add gradually 1 cupful of hot milk. Put into a double boiler, and when scalding hot add 1 teaspoonful of cornstarch blended with 3 egg yolks and a little cold milk, and cook for 5 minutes. Add 1 teaspoonful of vanilla and a pinch of salt and pour into the baked crust. Cover with a meringue made with the whites of the eggs; add 3 tablespoonfuls of powdered sugar; dust well with sugar and brown in a moderate oven.

Lemon Pie, No. 1

2 lemons, mixing the juice with the grated rind of one
2 cups of water
2 cups of sugar
3 eggs
½ cup butter
1½ cup bread crumbs

Put the bread crumbs in the water. Cream the butter and sugar, add yolk of 3 eggs, and whites of one, beat hard, add lemons

and soaked bread crumbs. Bake in open shells, and when done, cover with a meringue made of the remaining whites of eggs, and ½ cup of powdered sugar; brown in slow oven.

Lemon Pie, No. 2

2 level tablespoonfuls corn starch
2 cups sugar
¼ cup butter
1 pint boiling water
2 eggs
2 lemons
grated rind of one

Moisten the cornstarch in water, pour over it the boiling water, being careful not to let it lump; cook for 2 minutes. Cream, butter and sugar, whip in the cooked cornstarch and when cool beat in the yolks of eggs and lemon. Bake in open pie crust. When done, spread with meringue as for Lemon Pie, No. 1.

Sweet Potato Custard Pie

4 sweet potatoes
1 tablespoonful butter
3 eggs
1 cup milk
3 tablespoonfuls sugar

Bake the potatoes, mash, beat into them butter, sugar, beaten eggs, not separated, and gradually the milk; flavor to taste, and fill a good puff paste, and bake in a moderate oven until the custard sets.

Rhubarb Pie

1 egg
1 cupful sugar
1½ cupful chopped rhubarb
1 tablespoonful flour
½ cupful raisins

To be cooked slowly.

Cocoanut Pie

½ pound butter
½ pound sugar
6 eggs
1 cocoanut (grated)
1 teaspoonful vanilla

Line your plates with paste.

Pumpkin Pie

Cook a pumpkin with as little water as possible until soft; put in a colander, cover with a plate, and on that put a weight to extract the water. Press through the colander, and to each pint of pumpkin, add the yolks of 2 eggs beaten light with ¼ pound of sugar and ½ teaspoonful each of cinnamon, cloves and allspice, lastly fold in the well beaten whites of 2 eggs. Line the pie plate with a good crust, and bake. This quantity will make 1 pie.

Bird's Nest

Dissolve 5 level tablespoonfuls of cornstarch in a pint of cold milk, add to it a pint of boiling milk and cook until thick, flavor with a teaspoonful vanilla and pour while hot into egg shells that have been emptied through a hole in one end. When cold remove the shells, put in a dish and pour around them a rich custard made from a pint of milk, yolks of 3 eggs, ½ cup of sugar and a teaspoonful of vanilla.

Flummery

With a silver knife cut 1 quart of berries into halves. Turn into an agate double boiler, 1 cupful sugar, 1 pint boiling water, juice of 1 lemon. Cook slowly for 10 minutes, stirring often until the sugar dissolves. This may be strained or not as you prefer, as the seeds are sometimes considered unwholesome. Moisten 3 level tablespoonfuls cornstarch in a little cold water, add to the hot mixture, and stir until it thickens. Cover and cook for 5 minutes longer, turn out to cool, serve cold with cream and sugar.

Boiled Custard

Bring 1 quart of milk to a boil, sweeten to taste, when it boils pour gradually over the well beaten yolks of 5 eggs, stirring con-

stantly, return to the fire and stir until it thickens, when cool add a teaspoonful vanilla. You may use a level tablespoonful of flour or cornstarch, moistened in a little cold milk, in place of an egg for economy.

Baked or Steamed Custard

2 cups milk
3 egg yolks
¼ cup sugar
⅛ teaspoonful salt
speck nutmeg

Scald milk. Beat egg until slightly frothy; add sugar, salt and nutmeg, and mix well. Add the scalded milk slowly, stirring all the time. Strain the mixture into a buttered pudding dish, or into cups. Place dish or cups in a pan of hot water. Bake in a moderate oven until a knife put into the center will not look milky when taken out. If cooked too long, the custard will "whey." The custard may be steamed by placing dish or cups containing it in a steamer placed over a saucepan containing boiling water. The steamer should be covered.

Rennet Custard or Junket

2 cups milk
2 tablespoonfuls sugar
2 teaspoonfuls liquid rennet
1 teaspoonful vanilla

Heat milk until lukewarm; add sugar and flavoring, stirring until sugar is dissolved; add the rennet and pour into dish in which it is to be served. Serve plain or with cream and sugar. Junket tablets may be used instead of liquid rennet.

Chocolate Custard

One-fourth of a cake of chocolate, 1 pint of boiling water, 6 eggs, 1 quart of milk, ½ cup of sugar, 2 teaspoonfuls of vanilla. Dissolve the chocolate in a very little milk, stir into the boiling water and boil 3 minutes. When nearly cold add the beaten

eggs, stir into the milk, flavor and pour in cups; set in boiling water and bake.

Peach Mousse

Mash through a colander fresh or canned peaches. Add to a cupful of peach pulp ½ teaspoonful of lemon juice, a few drops almond extract and enough sugar to taste. Dissolve in ¼ cup of peach juice, 1¾ tablespoonful of granulated gelatine which had been soaked for 1 hour in ½ cup cold water. Add gelatine to peach mixture and when it begins to set, mix it until smooth, then fold in ½ pint whipped cream and turn into a mold.

Spanish Cream

Soak ½ box of gelatine in ½ pint of milk for 1 hour. Boil 1 quart of milk in a double boiler seasoned with 1 teaspoonful vanilla, and sweetened to taste. Beat 6 eggs, yolks and whites separately. Strain the gelatine into the yolks, stir in the whites, pour in the boiling milk, put all back on the fire and let it thicken. Pour into molds, and set on ice.

Bavarian Cream

One pint of cream, whip light, and drain. Take another pint of cream and make a custard with yolks of 4 eggs, sweeten, flavor. Strain into the custard ½ ounce of gelatine. Place on ice and when it begins to thicken, beat in the whipped cream, pour into molds, put on ice until ready to serve.

Netherwood Trifle

Bake a loaf sponge cake. Cut out the middle, leaving a thin outside of the cake about 1 inch thick. If you use wine moisten the walls a little, and fill with a rich custard, made of 1 pint of

milk, and the yolks of 4 eggs and on top you may pile the whites beaten to a stiff froth with a little sugar, or you may return the top of the cake, being very careful not to break it when cutting, and dust with powdered sugar.

Trifle

Lay macaroons and lady-fingers in the bottom of the bowl in which it is to be served. Moisten with wine if you use it. Then pour over them a rich cold custard, pile high with whipped cream.

Strawberry Cream

Mash ½ pint of strawberry until smooth, and sweeten. Beat the whites of 2 eggs to a froth, and add by degrees the fruit, beat until stiff. Serve in glasses. Any fruit or jam may be used, and it can be floated on cream or custard or plain.

Omelet Souffle

6 eggs, whites
3 eggs, yolks
½ teaspoonful of lemon juice
3 tablespoonful of powdered sugar
the grated yellow rind of ½ lemon

Beat the whites of the eggs until stiff and frothy; sift over the sugar and beat again until fine and dry; add the yolks slightly beaten, the lemon rind and juice. Mix quickly, carefully and thoroughly, put at once into a baking dish, dust the top quickly with powdered sugar, and bake in an oven at 400° F. 5 minutes.

Caution: The oven must be ready before you begin the soufflé. It must be taken at once from the oven to the table. If it is stringy inside, it has been baked too long. To be right, it must be hot. It must be served in the dish in which it is baked.

If you are an expert, put the soufflé into pastry, use a star tube, and press it out on a platter, making either a large rope-

like mold or rosette. A pyramid of roses is always attractive. Dust it with sugar and bake as directed. An omelette soufflé is one of the most elegant of desserts.

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Prune Souffle

½ pint stewed prunes
whites of 6 eggs
yolks of 3 eggs

Remove the stones and press the prunes through a sieve to remove the skins. Add to them the yolks slightly beaten. Fold in the well-beaten whites, turn at once into a baking dish, dust the top with powdered sugar, and bake in a quick oven 5 to 6 minutes. Other fruit in the same proportion may be substituted for prunes.

A souffle is to be recommended on account of its simplicity and wholesomeness.

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Almond Souffle

Blanch, roll and brown in butter to a pale yellow 1½ pound almonds. Beat the whites of 6 eggs very stiff, add 4 tablespoonfuls of powdered sugar, then the almonds; stir lightly and pour into a buttered baking dish. Bake in a quick oven till a golden brown.

CAKES

Simple Rules for Cake Baking

Always cream your butter and sugar to a very light cream, being careful to use a wooden spoon. Some cooks contend you can do it much better with your hands, but best results will be secured by the above method.

Always separate and beat eggs very light, unless otherwise stated.

Flour should be sifted several times, adding the baking powder in the last sifting. It is generally beaten in alternately with the well-beaten whites, except in sponge cake, when it is added last.

Layer cake will not stick if the pan is well greased and dusted with flour.

Do not have too hot an oven when baking cakes that require long baking, like fruit cake, ginger pound cake, pound cake, etc. Layer pound cake and small cakes require more heat.

It is always safe to try them with a clean straw. If it comes out clean, without a particle of batter sticking to it, it is done.

Another simple way is to run the fingers lightly over the top, and if there is no indentation, it is done.

Never close oven door so as to jar the cakes, as it will cause them to fall.

Turn out on a cakeboard to cool, so as to prevent the steam, from making them soggy. Never ice until cold.

If you have to cut cake while hot, use a heated knife.

Fruit Cake

1 pound sugar
¾ pound butter
10 eggs
¼ pound conserved lemon peel
¼ pound conserved orange peel
¼ pound citron
2 cups English walnuts and almonds, chopped fine
1 nutmeg grated
1 teaspoonful each mace, cloves
2 teaspoonfuls cinnamon
1 saltspoonful salt
1¼ pound flour
2 teaspoonfuls baking powder
2 pounds raisins
2 pounds currants
1 wineglassful each of brandy and wine, if you use it, or the grated rind and juice of an orange

Cream the butter and sugar. Beat the eggs separately. Flour the fruit, add the wine or orange juice and mix well, butter sheets of paper and line the inside of a stem cake pan, bake in a moderate oven for three hours.

Black Fruit Cake

1 pound browned flour
1 pound best butter
1 pound C sugar
12 eggs
2 pounds raisins (after seeding)
2 pounds large currants (stemmed)
¼ pound candied orange peel
¾ pound citron
1 pound almonds (shelled)
1 gill French brandy
wineglass of Curacoa cordial
wineglass of Maraschino
1 tablespoonful of allspice
¼ teaspoonful of cloves
½ teaspoonful of mace
1 cup New Orleans molasses (add a little soda just as this is put in)

First get your fruit ready. Raisins seeded and chopped fine, currants washed, steamed and dried, almonds blanched and cut in thin slices, citron and orange peel also cut in long, thin slices; mix all together and flour very lightly; this prevents it from settling to the bottom of the cake. Cream the butter and flour, stir till very light; yellow of eggs and sugar; put these together, then add the whites well whipped; then the seasoning, and after that put in the fruit—small quantities at a time—and add the

cup of New Orleans molasses. Put in deep pan and bake four hours. Be sure it does not bake too long or it will be very dry.

"This cake will keep a year, and is at its best when four weeks old."

Permission of Baltimore Sun.

Election Cake

6 pounds flour
3 pounds brown sugar
3 pounds butter
10 eggs
½ ounce allspice
½ ounce cloves
½ ounce mace
½ ounce cinnamon
1 pint yeast
3 pints new milk
3 pounds raisins
3 pounds currants
1 pound citron
2 nutmegs (grated)
2 wineglasses each of sherry, wine and brandy, if you use it, or ½ cup syrup

The night previous to baking take all the flour, yeast, and milk, part of the sugar and butter, work together, cover, and let it rise. In the morning take the remainder of the sugar, butter, spices, liquor or syrup and the beaten eggs, and work well together, as in making other cake and put with the sponge, cover and let it rise again. After it is light, work in the fruit, lightly and put it in the tins, let it stand a short time, put in the oven and bake.

Raisin Bread

Take 1 pound lightened bread dough work into it 1 pound sugar and 1 cup of butter that has been creamed, add 3 well-beaten eggs, ½ pint milk, slightly warmed, 1 wineglass of brandy or wine, ½ nutmeg grated, 1 pound seeded raisins rubbed in flour. The dough should have enough flour added to make it the consistency of pound cake. After putting in all the ingredients add 1 teaspoonful soda dissolved in 1 tablespoonful vinegar. When light bake.

Layer Cake

1 cupful of butter
2 cupfuls sugar
3 cupfuls flour
1 cup rich milk
4 eggs
1 teaspoonful baking powder
1 teaspoonful vanilla

Cream the butter and sugar to a light cream, add the well-beaten yolks, then the milk, beat the whites to a stiff froth, beat into the batter with the vanilla, and lastly the sifted flour to which has been added the baking powder. Bake in jelly cake pans. After it has cooled spread with any desired filling.

French Cake

1 cup of milk
2 cups of sugar
3 cups of flour
3 eggs
½ cup of butter
2 teaspoonfuls of baking powder

Cream butter and sugar, add the milk, sift in the flour into which you have put the baking powder, alternating with the well-beaten whites.

Cocoanut Cake

1 cup of butter
3 cups sugar
1 cup milk
4½ cups flour
4 eggs
1 cocoanut grated
whites beaten to a stiff froth
1 teaspoonful of soda and 2 of cream of tartar or 2 teaspoonfuls of baking powder

Pound Cake

1 pound of sugar
1 pound of butter
1 pound of flour
10 eggs
flavor with lemon

Cream butter and sugar, stir in the yolk of the eggs and beat until very light; stir in the sifted flour and flavoring; lastly the stiffly beaten whites. Bake in moderate oven.

Black Chocolate Cake

2 cups granulated sugar
½ cup butter
4 eggs
½ cup fresh milk
2 cups flour
2 teaspoonful baking powder
1 teaspoonful vanilla
1 cup grated chocolate, rub smooth in ½ cup boiling water

Cream the butter and sugar, add the beaten yolks, the milk, whites beaten to a stiff froth, the flour into which the baking powder has been sifted, and the vanilla, and melted chocolate. Bake in jelly cake pans, and spread a white icing between layers and on top.

Chocolate Cake

The beaten yolk of 1 egg, ½ cup of milk, 2 squares of grated chocolate; put on in a double boiler, let it come to a boil, stirring constantly, until it thickens. Set aside to cool. For the rest of the cake, take 1½ cup of sugar, ½ cup of milk, 1 teaspoonful soda dissolved in the milk, 2 tablespoonfuls melted butter, 2 eggs, whites and yolks beaten separately, 2 cups of sifted flour, 1 teaspoonful vanilla. Cream the butter and sugar, add the yolks, milk and vanilla, then the chocolate mixture, gradually the flour, then the well beaten whites. Bake in layers, being very careful not to jar this cake, as it is very light and delicate and falls easily. Spread with a cream filling.

Ginger Pound Cake

1 cup granulated sugar
1 cup melted butter
1 cup sour cream
3 cups flour
1 cup molasses
1 even teaspoonful soda
1 tablespoonful each of ground ginger and cinnamon
3 eggs
1 cup seeded raisins, rubbed in flour

Stir molasses, sugar, melted butter, cream, spices, milk with the soda dissolved into it and raisins together, add well beaten eggs and flour. Bake in loaf in moderate oven an hour and a half.

Ginger Bread

1 cup butter
1 cup molasses
1 cup sugar
1 cup sour milk or buttermilk
1 tablespoonful ginger
1 teaspoonful soda dissolved in hot water
1 teaspoonful cinnamon
4 eggs
4 cups flour

Stir butter, sugar, molasses and spice to a light cream, add the milk, then the beaten eggs, the soda and lastly the flour. Beat hard 10 minutes, bake at once in a loaf or small tins.

Chocolate Cream Cake

little over ½ print butter (not quite ½ pound)
2 cups sugar
2½ cups flour
1 cup of milk
1½ teaspoonful yeast powder
whites of 7 eggs, beaten stiff
flavor with vanilla

Boil 2 cups of sugar with ¾ cup of milk until it strings; beat until thick and spread on cake. Melt ½ cake of chocolate and spread.

Snow Cake

1 cup butter
1 cup cornstarch
1 cup milk
2 cups sugar
8 eggs (whites only)
3 teaspoonfuls baking powder
1½ cup flour

Cream the butter, add the flour, well-sifted, and stir thoroughly, then the cornstarch, milk in which the baking powder has been dissolved, lastly add whites of eggs and sugar beaten well together, flavor to taste. Bake in loaf or layer as preferred. A loaf requires 45 to 50 minutes.

Angel's Food Cake

11 eggs (whites only)
1½ cup sugar
1 cup flour
1 teaspoonful cream of tartar
1 teaspoonful almond extract

Beat the eggs stiff, add the sugar which has been sifted several times. Sift the flour, add cream of tartar, then sift again, and

add to the eggs and sugar. Do not grease the pans, and bake nearly ¾ hour.

Sponge Cake

8 eggs
weight of eggs in sugar
½ weight of eggs in flour
flavor with teaspoonful lemon or vanilla

Beat yolks very light, add sugar. Beat whites very light. Sift flour three times, then sift into the mixtures alternately with the whites, stirring very gently, bake in stem cake pans or in gem pans.

Boiled Sugar Sponge Cake

1 pound sugar
6 tablespoonfuls of water
7 eggs
½ pound flour
juice and grated rind of 1 lemon

Cover the sugar with water and let it boil 5 minutes, and pour over eggs, which have been beaten separately and then together; after it is cool add flour and lemon.

Sponge Batter for Layer Cake

2 cups flour
2 cups sugar
4 eggs
4 tablespoonfuls water
1 heaping teaspoonful of baking powder
1 teaspoonful lemon extract

Beat the yolks light and add the sugar, then the water, then alternate the flour, which has been sifted several times, the last time add the baking powder, with the well-beaten whites; flavor and bake in jelly cake tins in a hot oven.

Jelly Cake Rolls

Four eggs, beat whites and yolks separately; 1 teacupful sugar, 1 teacupful sifted flour, 1 teaspoonful cream tartar, ½ teaspoonful soda dissolved in a very little hot water; flavor

with the juice of 1 lemon; beat all well together; spread ¼ inch thick in a square tin; bake quickly, then turn bottom side up, spread with jelly, and roll up while hot.

Sponge Drops

3 eggs
2 tablespoonfuls sugar
flavor to taste lemon or vanilla
large cup of flour (sifted)
1 teaspoonful of cream of tartar
½ teaspoonful soda

Cream the yolks (well-beaten) with the sugar, add the flour sifted with the cream of tartar, dissolve the soda in a little water, flavor, beat the whites to a stiff froth. Drop in butter pans in a quick oven.

Chocolate Cookies

One pound of sugar, a pound of butter, a cake of chocolate dissolved in a pint of warm water, a quart of molasses, 3 eggs, 2 ounces of soda and just enough flour to roll out. Coat with chocolate frothing.

Charlotte Cake

WHITE PART

1 cup sugar
½ cup butter
4 eggs, whites only
½ cup sweet milk
2 cups flour, sifted
2 teaspoonfuls baking powder

GOLD PART

1 cup sugar
½ cup butter
4 eggs (yolks only)
½ cup sweet milk
2 cups flour
1 cup seeded raisins
2 teaspoonfuls of baking powder

Bake in jelly cake tins, ice with boiled icing.

2 cups of sugar
½ cup water
4 eggs, whites
juice and grated rind of 1 orange

Spice Charlotte Cake

BROWN PART

2 cups brown sugar
½ cup butter
4 eggs, yolks only
2 teaspoonfuls cinnamon
2 teaspoonfuls grated nutmeg
2 teaspoonfuls allspice
1 teaspoonful vanilla
1 teaspoonful baking powder
4 small cups flour, sifted
½ cup milk

WHITE PART

2 cups granulated sugar
½ cup butter
4 eggs, whites only
½ cup sweet milk
4 cups flour sifted
1 teaspoonful vanilla
1 teaspoonful baking powder

Bake in jelly cake tins, and fill wih vanilla icing.

Spice Cake

5 eggs
¾ cup butter
1 cup granulated sugar
1 cup brown sugar
½ cup sweet milk
2½ cups flour, sifted
2 teaspoonfuls cinnamon
1 teaspoonful ground cloves
1 teaspoonful grated nutmeg
2 teaspoonfuls baking powder

Cream butter and sugar, add beaten yolks, milk, and the flour to which has been added spices and yeast powder, bake in layer and fill with white icing.

Cream Filling

¾ cup rich milk (not cream)
3 cups sugar

Put in the stove and boil 20 minutes, pour in a cold dish and beat until stiff. Flavor to taste.

Caramel Icing

1 pound brown sugar
¼ pound butter
½ cup milk

Boil 10 minutes, remove from the fire and beat until it begins to cream and is thick enough to spread on cake. To make white icing use granulated sugar instead of brown.

Cinnamon Icing

¾ cup butter
2 cups brown sugar
2 heaping tablespoonfuls cinnamon

Put on stove until soft, and spread on top of the cake.

Vanilla Filling

2 cups xxxx sugar
½ cup cream
1 teaspoonful vanilla

Orange Filling

2 cups xxxx sugar
grated rind of 1 orange
2 tablespoonfuls juice
2 tablespoonfuls boiling water

Boiled Icing

2 cups sugar
½ cup water (scant)
3 eggs, whites
½ teaspoonful cream of tartar
flavor to taste

Boil the sugar with the water until it spins a thread without stirring, and pour it in the thinnest possible stream on the well-beaten whites, into which has been beaten the cream of tartar, and beat constantly. Stand away in a cold place until ready to use.

Boiled Icing

1 pound sugar
2 tablespoonfuls vinegar
3 tablespoonfuls water
2 eggs, whites

Boil without stirring until it begins to candy, and pour into 2 well-beaten whites, beating hard.

Cream Filling

2 cups granulated sugar
1 cup milk
2 tablespoonfuls butter
1 teaspoonful vanilla

Boil the sugar and milk until it spins a thread, add the butter, stir until cool, flavor. If it seems too stiff thin with a little water, not milk.

Almond Cream Filling

Whip ½ cup of rich cream, stirring gradually into it 2 cups of pulverized sugar, a few drops of vanilla, and 1 pound of almonds blanched and chopped fine.

Nut Filling

2 cups granulated sugar
½ cup of water
2 eggs, whites
1 cup chopped English walnuts
1 cup chopped candied fruit
1 teaspoonful vanilla

Boil sugar and water until it hairs. Pour slowly into the well-beaten whites, beating constantly. Divide the icing, stir in the chopped nuts and fruit between the layers, and on top spread the white icing and place halves of walnuts.

Chocolate Icing

¼ cake of chocolate
2 tablespoonfuls milk
3 tablespoonfuls boiling water
1 cup sugar
1 tablespoonful butter

Mix all well together, and boil 5 minutes. Beat until stiff, and spread.

Chocolate Filling

Whites of 3 eggs beaten stiff with xxxx sugar, ½ cake chocolate, melted over hot water, flavor with vanilla, 1 tablespoonful cream.

Caramel Filling

2 cups brown sugar
½ cup cream
2 tablespoonfuls butter
1 tablespoonful cornstarch
1 teaspoonful vanilla

Boil until it thickens, then add the vanilla.

Orange or Lemon Filling

Two cups granulated sugar and ½ cup of water, boil until it spins a thread. Beat whites of 2 eggs, stiff, and pour the hot

syrup in a thin stream over them, beating rapidly all the time. Flavor with juice and grated rind of 1 orange and 1 teaspoonful vanilla. Spread while warm.

Maple Sugar Filling

1 cup of sweet cream
2 cups maple sugar
½ cup chopped English walnuts

Boil the cream and maple sugar, broken and well rolled, until it will spin a thread, about 40 minutes, let it cool some and add the nuts, beat until it becomes creamy and spread on the cake.

Chocolate Kisses

Sift together 2 ounces of grated chocolate and 1 pound of powdered sugar, then mix into it the well-beaten whites of 2 eggs. Drop the mixture in little heaps on buttered paper, and bake in a slow oven.

Kisses

Whites of 2 eggs beaten to a stiff froth, 1 cup granulated sugar beaten in gradually; flavor with vanilla. Bake in slow oven on ungreased plain white paper until it puffs up and dries.

Buttercup Cakes

Cream well ¼ cup of butter and gradually work in 1 cup of powdered sugar. Add to this the beaten yolks of 9 eggs and 1 teaspoonful of vanilla. Beat in alternately ¾ cup of milk and 3 cups of flour. Beat well for 5 minutes, stir in 2 teaspoonfuls of baking powder and fill gem pans three-fourths full. Bake in a moderate oven, ice with yellow icing.

Cry Babies

1 egg
1 cup sugar
1 cup lard
1 cup molasses
1 teaspoon soda dissolved in 1 cup boiling water
½ nutmeg
5 cups flour

Drop on greased tins and bake in quick oven.

Rocks

1½ cups brown sugar
1 scant cup butter
3 eggs
1 teaspoonful soda dissolved in ½ cup warm water
2½ cups flour
1 teaspoonful cinnamon
½ pound raisins
½ pound walnuts
½ pound currants

Drop on greased tins.

Jumbles

1½ cup of sugar
1 cup of butter
2 eggs
3 tablespoonfuls of sour cream
1 teaspoonful soda
nutmeg to taste

Add flour to make a soft dough. Roll them thin in fine powdered sugar. Bake a light brown in a moderate oven.

Doughnuts

One cup of sweet milk, ½ cup of butter, 2 eggs beaten very light, 3 teaspoonfuls of baking powder, flavor with nutmeg or vanilla, and add flour enough to roll out; 1 cup of sugar, sift over powdered sugar as soon as taken out of the boiling lard.

Crullers

2 cups sugar
½ pound butter
1 cup milk
6 eggs
2 teaspoonfuls baking powder
1 tablespoonful cinnamon

Cream butter and sugar, then add milk, and the well-beaten eggs, flour. Add sufficient flour to make a soft dough. Roll

out. Cut with a cake cutter, fry in hot lard and when brown drain on brown paper and dredge with powdered sugar.

Chocolate Wafers

1 cup brown sugar
1 cup white sugar
1 cup grated chocolate
1 egg
1 cup butter
1 teaspoonful vanilla

Flour enough to thicken. Roll thin and bake.

Crisps

1 cup flour
1 cup sugar
1 cup molasses
1 cup butter
1 egg
1 tablespoonful vinegar
1 teaspoonful soda
1 teaspoonful ginger

Roll in a very thin sheet and bake on bottom of a pan. Cut in squares while hot.

Ginger Cakes

3 pounds flour
1 pound butter
1 pound sugar
5 ounces ginger
1 tablespoonful cinnamon
1 quart molasses

Roll out thin.

Soft Ginger Cakes

½ gallon N. O. molasses
10 ounces butter
2 ounces baking soda
½ teaspoonful powdered alum
2 tablespoonfuls ginger
flour to make soft dough

Cream the butter, add the molasses, the soda dissolved in ½ cup sweet milk, alum dissolved in just enough cold water to cover it, ginger and flour. Make up at night, cover with a cloth and leave in a warm place. In the morning roll, cut, and take as many as you need, the balance of the dough will keep for weeks in a covered dish in a cool place. Before rolling out the dough should be kneaded like bread dough.

Sand Tarts

1 pound butter
3 eggs
2 pounds flour
2 pounds sugar
2 teaspoonfuls baking powder

Cream the butter with the sugar, the eggs well-beaten, then the flour into which the baking powder has been sifted. Roll out thin, brush with egg, sprinkle with cinnamon and sugar mixed, and decorate with halves of almonds. Bake in a slow oven.

Cookies, Chocolate and Nut

1 cup sugar
½ cup walnuts, chopped
2 eggs, beaten separately
½ cup butter
½ cup flour
2 squares chocolate melted
vanilla to flavor

Cream butter and sugar, add chopped nuts, flour, eggs, chocolate and vanilla. Spread very thinly on inverted tins.

Peanut Cookies

4 tablespoonfuls butter
½ cup sugar
2 eggs
1 teaspoonful lemon juice
1 cup peanuts, chopped
1 cup flour
4 tablespoonfuls milk
2 teaspoonfuls baking powder

Cream the butter and sugar, then the eggs, milk, peanuts, flour into which the baking powder has been sifted; flavor. Drop from a teaspoon onto paper, and place two half-peanuts on top of each. Bake from 12 to 15 minutes in a slow oven. The cookies should be about an inch and a quarter apart, or they will run together. This recipe should make 4 dozen.

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Oatmeal Macaroons

2½ cups of rolled oats
2½ teaspoonfuls baking powder
½ teaspoonful salt
3 level tablespoonfuls butter
1 cup sugar
3 eggs, beaten separately
1 teaspoonful vanilla

Cream the butter, add the sugar and beaten egg yolks, then oatmeal, salt and baking powder, then the vanilla, and last egg whites; drop in very small bits on a shallow butter pan, 3 inches between each two, and bake in a very slow oven until brown; remove while still warm.

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Nut Sticks

1 egg
butter size of a large egg
1 cup chopped nut meats
pinch of salt and dash of black pepper
1 teaspoonful vanilla
4 tablespoonfuls brown sugar
4 tablespoonfuls flour
1 tablespoonful molasses

Spread thinly with knife dipped in hot water on inverted cake tins. Bake in moderate oven and cut in strips at once.

Sugar Cakes

1 cup sugar
1 egg
2 large tablespoonfuls milk or water
½ cup butter
1 heaping teaspoonful baking powder

Put in flour enough for a soft dough, roll out thin, cut in round cakes and bake in quick oven.

Maple Sugar Cookies

½ pound granulated sugar
½ pound maple sugar
1 cup butter
2 eggs, well beaten
2 teaspoonfuls baking powder

Add flour enough to make a soft dough, roll thin, and bake in a quick oven.

CANDY

Eaten at proper times, candy is a useful article of food. It at present forms part of the rations of the soldiers in this country. It should not be eaten to excess, nor between meals. In cooking sugar for candy, use an agate or iron pan, as it is less liable to burn than in tin. Butter pans for candy before it is cooked.

Have ready some cold water in which to try the candy.

When the candy is poured into the pan, do not scrape the sauce pan over it, or allow any of the scrapings to fall into it. Scraping or stirring the candy while cooling will cause it to become sugary. Acid substances, as cream of tartar, vinegar or lemon juice, added to the candy while cooking, will help to keep it clear.

Barley Candy

1 cup granulated sugar ¼ cup water
⅛ teaspoonful cream of tartar, or 1 teaspoonful lemon juice or vinegar

Mix ingredients together before heating. Cook, without stirring, until a few drops put into cold water will harden. Boil until the syrup begins to turn light yellow; remove at once from fire, and turn into a buttered pan. When nearly cool, mark in squares with a slightly warmed and buttered chopping knife. The candy may be cooled in round muffin pans.

This candy is used to cover nuts, etc., which are then called glacé nuts. As soon as candy begins to change color, remove sauce pan from the fire: dip 1 or 2 nuts at a time into the syrup, disturbing the candy as little as possible. As the syrup cools, it may be reheated once or twice, but is liable to burn after the second time

Syrup for Snowballs

2 cups molasses
½ cup sugar
2 tablespoonfuls butter

Cook together until it is brittle when tested in cold water. Pour over popcorn shaped into balls. To use for candy add ⅛ teaspoonful of cooking soda before pouring into the pans. When slightly cool, pull until light colored, and cut into pieces.

Cocoanut Drops

½ cup sugar
½ cup molasses
1 cup grated cocoanut

Cook sugar, molasses and cocoanut together, stirring constantly until a little of the mixture will harden in cold water. Remove from fire, and stir until it thickens; drop by the spoonful on buttered pan and cool.

Peanut Candy

¾ cup chopped peanuts, or left whole, as preferred
2 cups granulated sugar

Remove the skin from the shelled peanuts; chop or roll the nuts fine, and warm them in a dish placed on the back of the stove. Have ready a tin sheet or an inverted baking pan, slightly warmed to keep candy from cooling too quickly. Melt the sugar in an agate or iron sauce pan, stirring constantly, to prevent burning. When melted to a clear, light syrup, stir in the chopped peanuts, and turn at once on to the pan, which need not be buttered. Shape as nearly square as possible, and mark into squares before the candy cools.

Horehound Candy

½ square inch pressed horehound
½ cup boiling water
1½ cup sugar
¼ teaspoonful cream of tartar

Pour the boiling water on the horehound; let it stand 1 minute and strain through a cloth. Put the strained liquid into a sauce

pan with the sugar and cream of tartar, and boil until it hardens when tried in cold water, and begin to change color. Do not stir when boiling. Pour into buttered pans, and cut into squares while warm.

Butter Taffy

2 cups brown sugar
juice of ½ lemon, or 1 tablespoonful vinegar
½ cup butter
2 tablespoonfuls water

Cook all the ingredients together until mixture will harden when tested in cold water. Pour into a buttered pan, and mark into squares while warm. Half cup of chopped nuts may be added.

Chocolate Mints

whites of 2 eggs
2 tablespoonfuls rich cream
2 pounds (about) xxxx confectioners sugar
6 drops oil of peppermint or 15 drops of essence of peppermint

Beat the whites of the eggs, not too stiff, add peppermint, beat in gradually about a cup of sugar, then alternate the cream and sugar, not letting it get either thin or very stiff until all the cream is used, and then stiffen with sugar until hard enough to mold into discs. Lay these on oiled paper for about an hour. Melt unsweetened chocolate and with two forks dip the discs quickly into the chocolate and lay on the oiled paper until dry. These cannot be kept long as the cream sours.

Cream Candies

Make same as chocolate mints substituting any desired flavoring, vanilla or fresh fruit juices, instead of the peppermint; form into balls, and when sufficiently hardened dip into unsweetened chocolate. Chopped nuts or fruit added to the cream before molding make a pleasing variety.

Walnut Creams

A ball of the cream with vanilla flavoring between the halves of an English walnut.

Cream Dates

Press a ball of the cream with vanilla flavoring into the date from which the seed has been removed. Roll in granulated sugar.

Nut Dates

Remove the seed from dates and in its place insert a whole peanut or blanched almond. Roll in granulated sugar.

Pinoche

To 3 cups of light brown sugar, take 1 cup of cream. When it comes to a boil, add a tablespoonful of butter and a pinch of salt. Boil until it hardens in cold water, then add as many English walnuts or blanched almonds as desired, and enough vanilla to flavor. Stir rapidly until it spins a thread and pour out to cool.

Molasses Candy

Take a cup of granulated sugar and 2 tablespoonfuls of butter to 2 cups of molasses. Boil hard, stirring often, until it is hard when dropped into cold water. Add and stir in thoroughly about as much soda as you can put on the end of a table knife, and turn into shallow buttered pans. When cool pull until light.

Maple Sugar Candy, with Nuts

Put 1½ cup of maple sugar into a sauce pan, and when melted stir in a tablespoonful of butter, ½ cup of milk, and 2 tablespoonfuls of cream. Let it all cook together until it "ropes," stirring occasionally. Pour out and let cool a little, then stir

until creamy. When it begins to get stiff add a cupful of chopped walnuts and almonds, and pour into shallow buttered pans.

Peppermint Drops

2 cups sugar
½ cup boiling water
½ teaspoonful cream tartar
1 tablespoonful pulverized sugar
5 drops oil of peppermint

Boil sugar and water together 4 minutes, remove from fire, add cream tartar, powdered sugar and peppermint. Stir 2 minutes, and drop on manilla paper.

Butter Scotch

3 pounds of brown sugar
¼ pound butter
½ teaspoonful cream tartar
⅓ teaspoonful lemon extract
sufficient water to dissolve sugar

Boil sugar, water, butter and cream tartar without stirring until it will easily break when put in cold water. When cooked add lemon extract, pour in well buttered pan ¼ inch thick. When partly cold mark off in small squares and break apart when cold.

Chocolate Candy

1 pound granulated sugar
¼ pound chocolate
½ pint cream
1 tablespoonful butter
2 teaspoonfuls vanilla

Boil all but vanilla till stiff, add flavoring, and drop on greased paper in cakes with a spoon.

Kisses

1 pound xxxx sugar
2 eggs, whites only
vanilla

Beat eggs and sugar thoroughly, flavor to taste. Cook in covered blazer.

Caramels

¼ pound chocolate
2 pounds light brown sugar
1 large piece of butter
2 teaspoonfuls vanilla

Put all on stove and allow to dissolve, then put on the front, and boil hard 5 minutes, stirring continually. Add vanilla and beat 5 minutes, and pour into greased pan. Mark in squares when partly cold.

Caramels

½ cake chocolate
1¼ pounds granulated sugar
1 cup sweet milk
1 tablespoonful butter
2 teaspoonfuls vanilla

Grate the chocolate, add sugar, milk and butter. Put in a sauce pan over a quick fire, and cook 10 minutes or until the mixture hardens well, when put in cold water, then add vanilla. Stir constantly, put in greased pans, and mark off before entirely cold.

Caramels

1 cake of chocolate
⅔ cup of milk
2 pounds brown sugar
¼ pound butter or less
1 teaspoonful vanilla

Boil about 20 minutes after it comes to a boil on a slow fire. Take from the fire, and beat until they get a little sugary, pour in greased pans, and when cool cut in squares.

Pulled Caramel

½ cake Baker's chocolate
3 cups granulated sugar
3 cups brown sugar
2 ounces butter
1 cup milk
vanilla to taste

Melt butter and chocolate, then add sugar and milk, boil from 20 to 30 minutes. Do not stir after sugar is put in; when it forms a soft ball when dropped in cold water, take from fire, add vanilla and pour in buttered dishes. When cold enough to handle pull until creamy and form in sticks.

Fudge

1 quart granulated sugar
1 cup milk
½ cake chocolate
1 tablespoonful butter
2 teaspoonfuls vanilla

Boil 9 minutes, stirring constantly, remove from the fire, and stir 5 minutes. Pour in greased pans and when partly cool mark in squares.

Maple Fudge

3 cups of maple sugar, well rolled
1 cup milk
butter, size of a walnut

Mix all together, and cook until it boils away from the sides of the kettle, beating all the time, until cold. Pour on buttered plates and mark in squares.

Nut Caramels

¼ cake chocolate
¾ pound granulated sugar
½ pound English walnuts
1 teaspoonful vanilla
¾ cup milk
2 tablespoonfuls butter

Boil all but vanilla and nuts 15 minutes, and just before removing from the stove add nuts. Beat 5 minutes and add vanilla.

Cream Candy Loaf

2 cups granulated sugar
1 cup water
1 tablespoonful cornstarch
1 small teaspoonful gelatine

Boil together sugar, water, and cornstarch. While boiling, add the gelatine, which has been soaked. Drop a little in cold water. As soon as you can feel a substance in the bottom of cup it has boiled enough. If boiled until it hardens in water you can do nothing with it. Take from fire and beat until it stiffens, then add sliced peaches, pears and conserved cherries. Mix carefully and pack in a deep dish. Let this get perfectly cold, then slice.

Candy

2 pounds sugar
1 pound raisins, seeded
½ pound figs
¼ pound citron
½ pint water
½ teacup vinegar
2 tablespoonfuls butter
1 orange, sliced

Boil water, sugar, butter and vinegar, without stirring, until it spins a thread from a spoon. Just before removing from fire add other ingredients.

White Cream Candy

1½ pound granulated sugar
3 tablespoonfuls vinegar
1 cup water
2 tablespoonfuls butter
1 teaspoonful vanilla

Boil without stirring until it spins a thread from a spoon. Pull until light and porous.

Chocolate Creams

1 cup sugar
½ cup water

Boil until it spins a thread from a spoon, take off the stove, and flavor with vanilla. Beat until cold enough to mold in the hands. Drop small balls in unsweetened chocolate, melted, and drop on buttered plates.

French Nougat

¼ pound gum arabic
1 cup water
2 eggs, whites
1 teaspoonful vanilla
1 cup xxxx sugar
½ pound blanched and chopped nuts

Dissolve the gum arabic in the water, add the sugar, and stir over the fire until it thickens and add gradually the well beaten whites, flavor, add the nuts, pour on a dish to cool, cut in long bars and wrap in paraffine.

Nougat

1 pound maple sugar
½ cup water
butter size of a walnut

Boil until it stiffens in water, then add 1 teacup finely chopped nuts. Put in buttered tins and cut in squares when cool.

Everton Taffy

1 pound sugar
½ pound butter
1 quart molasses
rind of 1 lemon, grated

Mix well and boil on slow fire 1 hour.

FREEZING

Salt and ice make a freezing mixture several degrees colder than ice alone. Solids changing to liquids absorb heat from surrounding bodies. As the ice changes to liquid (water) it absorbs heat. Salt has a strong attraction for water, and makes the ice melt more quickly; the salt also changes to a liquid, absorbing still more heat. This heat is taken by the ice and salt from the mixture which is to be frozen, around which they are closely packed. The smaller the pieces of ice the more quickly they change to liquid, and the more salt used the more quickly is the mixture frozen, but if too much salt is used the frozen mixture will be coarse-grained. Experience has shown that the best proportion to use is two parts chopped ice and one part rock salt.

As liquids expand in freezing, the can of the freezer should never be more than three-quarters full. If too full the cover may be pushed up, allowing the salt water to get in.

Directions for Freezing

Place the can of the freezer in the proper position in the pail; put in the dasher, and pour in the mixture to be frozen. Cover and adjust the handle so that it turns freely. Surround the can with alternate layers of ice and salt in the proportion given, beginning with the ice. As the ice and salt melt, more should be added to keep the freezer full. Turn steadily until the mixture becomes so stiff that turning is difficult. Wipe the cover so that when it is removed no salt water can drop into the can. Take out the dasher, and with a long-handled spoon pack the frozen

mixture solidly. Replace the cover, putting a cork in the opening. Cover the freezer with a thick cloth, and set aside in a cool place.

If not wanted for some time after making, the "cream" or "ice" may be packed or molded. In this case the water should be drained off, and the mold or can should be repacked solidly in ice and salt, and be well covered in a cool place until wanted.

Milk Sherbet

2 cups sugar
1 quart milk
½ cup lemon juice, strained

Mix the sugar and the strained lemon juice; put the milk into the freezer can, and pour the lemon juice and sugar into it. Stir thoroughly, cover and freeze. One-fourth teaspoonful of lemon extract may be added if desired.

Philadelphia Ice Cream

1 quart thin cream
1 tablespoonful vanilla
1 cup sugar

Mix ingredients and freeze; 1 pint of heavy cream, mixed with 3 cups of milk may be used instead of thin cream.

Ice Cream for One

Put into a wide-mouthed glass jar or a water tight cocoa or baking powder can ½ cup cream, 4 teaspoonfuls sugar and 15 drops vanilla or lemon extract. Stir until sugar is dissolved. Cover, and place can or jar in a bowl or pail, and surround it with broken ice and salt in usual proportions—1 part salt to 2 parts ice. Turn the can or jar back and forth constantly. Take off the cover occasionally, and scrape the frozen cream from the sides and stir thoroughly. Replace cover, and repeat until cream is evenly frozen.

Frozen Custard

Make a custard of 1 quart milk, yolks of 4 eggs and 1½ cup of sugar, and a pinch of salt. When cool add ½ pint of cream, the beaten whites, and 2 teaspoonfuls of vanilla and freeze.

Plain Vanilla Ice Cream

1 quart milk
1 tablespoonful cornstarch
2 cups of sugar
1 pint of rich cream (more if you have it)
2 teaspoonfuls vanilla

Scald the milk, dissolve the cornstarch in a little cold water, and add to the milk, then the sugar, cook until creamy, cool, add cream and vanilla and freeze.

Vanilla or Lemon Ice Cream

1 quart cream
1 pint rich milk
3 cups granulated sugar
flavor, vanilla or lemon

Strawberry Ice Cream

1 pint cream
1 pint milk
1 quart strawberries, crushed
4 cupfuls granulated sugar

Peach Ice Cream

1 pint cream
1 pint milk
4 cupfuls granulated sugar
½ peck ripe peaches, crushed with a silver fork

Bisque Ice Cream

1 quart cream
1 pint milk
4 cupfuls sugar
1 teaspoonful vanilla

Roll 1 dozen macaroons, and add to the cream.

Chocolate Ice Cream

2 squares chocolate, grated
2 cups sugar
1 pint cream
1 pint milk
1 teaspoonful vanilla

Put the milk, chocolate and sugar into a double-boiler and stir until smooth. When cool add the vanilla and cream, and freeze.

Coffee Ice Cream

1 pint cream
1 pint milk
1 pint strong coffee
2 cupfuls sugar

Pineapple Ice Cream

1 pint cream
1 pint milk
1½ pound sugar
1 grated pineapple

Vanilla Cream and Coffee

Take a pint of thick cream, whip until stiff, flavor with black coffee, sweeten, and put a spoonful on plain vanilla cream, served in glasses.

Tutti Frutti

To every ½ gallon of rich vanilla ice cream add 1 quart of candied fruit, mixed nuts, and candied peel. When partly frozen, add juice of an orange, freeze, and stand aside to ripen.

Cafe Frape

Take a quart of strong coffee, sweetened while hot, and add a pint of rich cream and when cold freeze to the consistency of wet snow, serve in glasses.

Frozen Cherries

1 quart water
1 quart stoned cherries, the large rich, red ones are best
1 pint cream
2 cupfuls sugar

Orange Ice

3 pints water
1½ pound sugar
8 oranges
3 lemons

Grate the rind of 4 oranges, add to the sugar and water, stir until the sugar melts, boil, cool, strain, and add the juice of the oranges and lemons.

Lemon Sherbet

2 quarts water
6 lemons
1½ pound sugar
6 eggs, whites

Grate the rind of 2 lemons, and the juice of all, add the sugar and the whites of the eggs, mix well together and strain.

Currant Water Ice

1 pint water
1 pound sugar
1 pint currant juice

Boil the water and sugar together for 5 minutes, and cool. When cold add currant juice, stir well and freeze.

Pineapple Ice

2 pounds sugar
2 quarts water
1 large grated pineapple

Boil the sugar and water for 5 minutes, and cool. When cold add the grated pineapple, stir well and freeze. The pineapple may be strained if you prefer.

Frozen Pudding

3 cups French chestnuts
1 pound candied fruit
4 eggs (yolks)
wineglass sherry
2 cups sugar
1 cup water
1 pint cream
1 teaspoonful vanilla

Boil the chestnuts, remove shell and skins, and rub them through a sieve. Cut the fruit in small pieces, and pour the wine

over them. Make a syrup of the sugar and water, and when it thickens pour into the well-beaten yolks, return to the fire and when it reaches the boiling point, beat until cool, and pour over the nuts, fruit and wine; add the cream whipped to a stiff froth, flavor, and freeze.

Frozen Pudding with a Compote of Orange

3 eggs, yolks
1 pint cream
1 pint water
½ pound sugar
¼ pound of chopped candied fruit

Beat the yolks to a cream. Boil the sugar and water, and 5 minutes after they begin to boil add a little of the syrup to the yolks, mix, then return it to the sauce pan, and beat over the fire for about 1 minute. Take from the fire, stand the sauce pan in a pan of cold water, and beat the mixture until cold, changing the water or adding ice. Add to the cold egg mixture the chopped fruit. Freeze it slowly until quite hard, then remove the dasher and stir in the cream that has been whipped to a stiff froth and drained. Cover the can, repack, and stand aside for at least 2 hours. When ready to serve dip the can quickly in a pan of warm water, and turn the pudding in a deep dish. Arrange quickly the compote, and send to the table. This is one of the most sightly and palatable of the simple frozen puddings.

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Compote of Oranges

6 nice oranges
1 pound sugar
1 lemon
½ cup of sherry, if you use wine

Separate the oranges into carpels without tearing the thin membrane covering each carpel. Boil the sugar with the lemon juice and ½ pint of water for 5 minutes, or until the syrup will spin a thread. Take it from the fire, and add the oranges; mix

them well with the hot syrup, cover and set aside to cool. Add the sherry to them at serving time. They must be very cold or they will melt the pudding.

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Maple Mousse

Whip 1 quart of cream until thick. Beat the yolks of 3 eggs in another bowl until light and add gradually 1 cup of maple syrup. When the two are well mixed whip them gradually into the cream. Pour into freezer or can without the dasher, or into a mold. Pack in salt and ice. Let stand 3 hours.

Plain Vanilla Parfait

Parfaits are more easily made than ice creams or ices, since they do not require to be put into the freezer. This rule is for the simplest of all. Beat the whites of 3 eggs to a stiff froth. Put ½ cup of sugar and ½ cup of water on the fire, and stir until the sugar dissolves; then let it cook until it threads. Pour very slowly over the egg whites, beating all the time. Flavor with vanilla, and when cold fold in a pint of cream whipped stiff. Put into a mold, and bury for 4 or 5 hours.

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Chocolate Sauce

1 cup milk
1 cup sugar
¼ cake chocolate
1 teaspoonful cornstarch

Scald the milk, stir in the cornstarch which has been wet in a little cold milk. Break up the chocolate, and melt by adding a little at a time, the thickened milk until all is used; stir in the sugar and boil for 1 minute, keep hot over water until ready to serve; just before serving add 1 teaspoonful of vanilla.

BEVERAGES

To Make Coffee

Take 1 tablespoonful of fresh ground coffee for each person; make it moist with the white of an egg and a little cold water, stir well; and pour over it a cupful of boiling water for each spoonful of coffee, and then add one extra for "the pot." Set it where it will simmer, not boil, for 15 minutes.

To Make Drip Coffee

Scald the pot and let it be thoroughly heated. Put the pulverized coffee in the percolator, using the same proportions as in the former recipe, and pour the freshly boiling water on the upper sieve. It must be kept very hot, and served at once.

To Make Tea

Scald the teapot well with hot water. The general rule is a teaspoonful of tea for every two cups of boiling water, but as teas vary so you cannot go by any set rule. The water must be taken at its first boil; it must steep from eight to ten minutes. Serve very hot.

Russian Tea

Make as directed for tea. Add a thin slice of lemon, without seeds, or a few drops of lemon juice for each cup. It may be served hot or cold, sugar may be added if desired, never use milk.

Cocoa

8 teaspoonfuls cocoa
4 teaspoonfuls sugar
1 cup boiling water
2½ cups milk

Heat the milk in a double boiler until small bubbles appear around the edge; mix cocoa and sugar thoroughly in a sauce pan; add boiling water, and boil 3 minutes; add the scalded milk and bring to the boiling point. If not served at once, cover, to keep the scum from forming. Beating with an egg beater until frothy will prevent scum from forming. Equal parts of milk and water may be used. If a richer cocoa is wanted, use less water. The quantity of cocoa needed varies slightly, according to kind used.

Chocolate

2 squares unsweetened chocolate
2 tablespoonfuls sugar
3 cups boiling water
3 cups of milk

Scald the milk; cut or scrape the chocolate, and mix with sugar and a little of the water; heat together in a sauce pan, stir until mixture is smooth. Add remainder of the water, and the scalded milk. Boil 2 minutes. Beat wth an egg beater until foamy. Serve at once.

Orangeade

Steep the peel of 3 oranges in 1 pint of boiling water for 10 minutes. Add one pint of sugar and boil 20 minutes. Add juice of 6 oranges and 2 lemons and strain; then add 1½ quart of ice water. Serve with cracked ice.

Cherryade

Wash 1 pound of Morello cherries and pour over them 3 pints of boiling water. Let them steep 3 hours. Make the syrup by boiling a cup of sugar and one of water for 20 minutes. Mix with the cherries and let stand, occasionally pressing out the juice. Strain and chill and serve with cracked ice.

Lemonade

Squeeze the juice from 4 lemons; make a syrup with 2 cups of granulated sugar; then add the lemon cut in small pieces. Let stand until ready to use; then add 3 pints of ice water. Stir until the water is well mixed with the juice; strain and serve. Or you may use the juice of an orange in place of a lemon.

Apple Water, Rhubarb Water, Lemonade

Wash and wipe a sour apple. Cut into pieces, put into a sauce pan with one cup of cold water. Cook until the apple is soft. Strain through cheese-cloth or clean linen, sweeten to taste, and serve cold. A stalk of rhubarb may be used instead of the apple, for rhubarb water. Rhubarb or an apple with red skin will give a pleasing color to the water. Other acid fruits may be used in the same way. In making lemonade for an invalid, use boiling water instead of cold water. It may then be served hot or cold.

Egg Lemonade

1 egg
2 tablespoonfuls sugar
2 tablespoonfuls lemon juice
1 cup water

Beat the egg thoroughly, and add the sugar and lemon juice; add the water slowly, stirring until smooth, and well mixed. Strain and serve. A little grated nutmeg may be added if liked.

Egg Nogg

1 egg
1 tablespoonful sugar
1 cup rich milk
pinch salt
grating of nutmeg

Beat the eggs thoroughly, add sugar and salt, then the milk, and beat again. Strain, and grate nutmeg. The egg may be separated, and the beaten white added after the straining, or the

egg white only may be used with the milk, making albumenized milk.

Raspberry Vinegar

Put the raspberries into a stone vessel and mash them to a pulp; add good cider vinegar, enough to cover it well; stand in the sun 12 hours and then all night in the cellar; stir up well occasionally, during this time; strain and put in as many fresh berries in the jar as you took out; pour the strained vinegar over them, mash and set in the sun all day; strain a second time next day. To each quart of this juice allow 1 pint of water, 5 pounds of white sugar for every 3 pints of this liquid, juice and water mixed. Place over a gentle fire and stir until the sugar is dissolved. Heat slowly to boiling, skimming off the scum, and as soon as it fairly boils, take off and strain. Bottle while warm, and seal the corks with sealing wax. This is a most refreshing drink, mixed one-fourth vinegar to three-fourths ice water. No glazed or metallic vessel should be used in making it.

Raspberry Shrub

For every cupful of fruit juice, take ½ cup of cider vinegar and 2 cups of sugar. Put the fruit juice, sugar and vinegar over the fire, stir until the sugar dissolves, and then boil to a thick syrup. Skim, if necessary, strain and bottle. Serve mixed with ice water. Juices of other fruits may be prepared in the same way.

Ginger Beer

4 pounds good brown sugar or 2 quarts molasses
1½ ounce cream tartar
1½ ounce race ginger

Mix these thoroughly and pour over them 4 gallons boiling water, and bottle, cork tightly.

Patent Gas Sherbet

Put ½ ounce of baking soda in a quart jar, pour on 1 pint of boiling water, add 1½ pound of white sugar, mix it well together. Beat the whites of 2 eggs to a stiff froth, mix ½ tablespoonful of flour into the eggs, then beat all together. Flavor with a teaspoonful of the oil of lemon. Mix. Mix separately in a large jar 1 ounce of tartaric acid with ½ pint of cold water.

Directions: One spoonful of the acid put into a goblet and 1 spoonful of the syrup put into another glass. Put a little more than ½ glass of water to the syrup, pour together and drink.

Flaxseed Tea

Pick over 1 tablespoonful of flaxseed. Put into a strainer and pour cold water over it. Put the flaxseed with 2 cups cold water into a sauce pan and boil 1 hour. Add more water as it boils away. There should be two cups when the tea is cooked. Strain, add lemon juice and sugar to taste, and serve hot or cold.

Punch

Put 24 teaspoonfuls green tea and the thin rind of 1 dozen lemons in 3 quarts cold water and bring to a boil. When boiling point is reached strain and pour it over 5¼ pounds cut loaf sugar, add to it 3 quarts jamaica rum and 1½ pint whiskey, squeeze in this the juice of the dozen lemons from which the rind had been taken, strain and drink sparingly.

Blackberry Cordial

Stew the berries until quite soft, and strain through wire sieve. Add ½ pound of granulated sugar to one quart of the strained juice, and also ½ tablespoonful of grated nutmeg and 1 tablespoonful ground cinnamon. Allow it to simmer until thick, and, when cold, add a pint of brandy to a quart of the syrup, and bottle it.

Fruit Punch

1 pint fresh strawberry juice
6 lemons, juice
3 oranges, juice
½ cup grated pineapple
2 cups sugar

Make a syrup of 1 pint of water, and the sugar, add the fruit juices, remove from fire and add 1 pint of ice water. When cold serve in glasses, with crushed ice, and a whole strawberry.

A Simple Claret Cup

Put the juice of 2 lemons and 4 oranges with a teacupful of sugar into a tall glass pitcher, add 3 or 4 slices of the orange, 3 or 4 slices of pineapple, a pint of cold tea, and set away in a cold place for several hours. When ready to serve fill the pitcher half full of broken ice and add a pint of claret.

Mint Julep

Place in a tall glass several long sprigs of fresh mint, strip 2 other sprigs of mint and place them in a mixing glass, add a teaspoonful of powdered sugar. Crush the mint leaves, add a wine glass of whisky, stir and strain into the original glass. Sprinkle a little sugar over the leaves, add some powdered ice, and serve with a straw.

Grape Juice

Pick over, stem and wash as many quarts of concord grapes as needed. Place in a double boiler in just enough water to cover, cold water in the bottom, heat slowly until the fruit is soft, several hours. Drain without pressing in a jelly bag, add ½ pound sugar to every 2 cups of juice and heat to 200° F. Have your bottles well sterilized, fill and cork the bottles tight; keep in a cool place. It can be served with apollinaris, plain ice water, or as a lemonade.

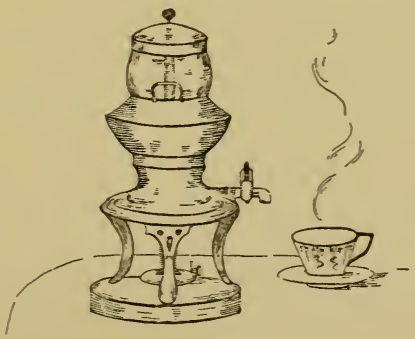
Toast Water

Toast water can often be taken when the stomach will retain nothing else. Use equal measures of bread, cut in ½ inch cubes, and boiling water. Dry bread in oven until crisp and brown, Pour boiling water over toast and let stand 1 hour. Strain through cheese-cloth, salt to taste, and serve very hot or very cold.

Rice Water

2 tablespoonfuls rice 4 cups boiling water

Pick over and wash rice, boil in a sauce pan 2 hours or more; strain, add salt or sugar, serve hot or cold. Lemonade made of rice water when cold is very refreshing.



PRESERVES AND JELLIES

Directions for Jelly Making

If large fruit, cut in small pieces, and nearly cover with water; it depends on fruit as to exact amount of water. Cover the kettle, and boil slowly until soft. Put fruit and juice in bag, and hang in warm place to drip. To each pint of juice allow 1 pound of sugar. Boil the juice from 15 to 20 minutes. Do not cover the juice; add to it the sugar heated in the oven. Boil up. Strain into glasses. The jelly may be covered with waxed paper, brandied paper, or enough paraffine melted to exclude the air.

Currant Jelly

Wash and stem the fruit, put in kettle, cook until soft, strain through a cloth; to each pint of juice add 1 pound of sugar; boil 15 minutes, skim frequently, do not stir, put in glasses.

Plum or Damson Jelly

Six pounds of fruit, stick with a fork. Put in the kettle 2 cups of water, pour in the fruit, and simmer until soft, drain through a colander, then strain the juice through a cloth; to each pint of juice allow 1 pound of sugar; boil about 15 or 20 minutes, and put in glasses.

Light Apple Jelly

Pare and quarter the apples, and nearly cover with water; cover, boil until perfectly soft. Drain through a coarse bag, and hang in a warm place to drip, and to each pint of juice allow 1 pound of sugar. Boil for 20 minutes. When red jelly is wanted do not pare the apples.

Crab Apple Jelly

Wash and stem the apples, cut out any imperfections, halve and put in preserving kettle, and nearly cover with water, and let them boil until soft. Strain through a colander, then through a cloth, and allow 1 pound of sugar to every pint of juice, and flavor with lemon; boil 20 minutes, skim frequently, do not stir, and put in glasses.

Grape Jelly

Heat the fruit slowly, mashing it the while, then allow it to boil 20 minutes, strain without squeezing through linen cloth. Allow ¾ pound of loaf sugar to each pint of juice, heat thoroughly and pour into glasses.

Fox Grape Jelly

Stem the grapes, put in the kettle with a little water, and when the skins burst, strain, and allow 1 pound of sugar to a pint of juice; boil 20 to 30 minutes, and put in glasses.

Preserved Peaches

Peal the fruit, and for each pound of fruit allow 1 pound of sugar, put in preserving kettle in alternate layers. Set on the side of the stove to heat slowly; when sugar is melted, put over the heat and cook until done, and the syrup is rich; watch constantly.

Half Preserved Peaches

1 pound sugar
1 pound fruit
1 cup water

Make a syrup; when boiling add the peaches, peeled, cook until they change color, pour into jars immediately and seal airtight.

Brandied Peaches

Prepare peaches as for preserved peaches, and to every 4 pounds of fruit allow 1 pint of best brandy. It must be added to the syrup just before filling the jars.

Canned Peaches

Peel, halve and remove the stones. Make a syrup of ½ pint of sugar to 1 pint of water. Heat until the sugar is melted. Put the peaches in, and let them scald well. Set the jars that have been thoroughly heated on a wet towel, put fruit in, fill to the very top with syrup, seal, when cold, wrap jars in paper, keep in a cool place.

Pineapples

One-half pound sugar to 1 pound fruit sliced, let it come to a thorough scald, and skim it and put in jars, which have been well heated; fasten up immediately.

Air-tight Pineapples

Pare fruit carefully, removing the eyes. Scrape the pineapple from the core with a silver fork. Place in preserving kettle with sugar. Stir frequently, and when it has boiled, put in jars, previously heated with hot water, and seal immediately.

Preserved Blackberries

4 pounds sugar 4 pounds fruit

Pick over the fruit, put the fruit in layers with the sugar, over night; in the morning drain off the juice, let it boil 15 minutes, add the fruit, and when it boils, fill into the jars. Raspberries, strawberries and currants may be preserved in the same way.

Preserved Damsons

6 pounds fruit
6 pounds sugar
½ cup water

Wash the fruit and prick the skins with a coarse needle, put on the fire with the water, and when the skins burst, drain the juice, and allow 1½ pint of juice and 1½ pint of water to 6 pounds of fruit and 6 pounds of sugar. Boil until tender and fill into jars. Plums may be preserved in the same way.

Preserved Huckleberries

1 pound sugar
1 quart berries
⅓ cup water

Make a syrup of water and sugar, when boiling add berries; cook 5 minutes; seal in glasses.

Preserved Crab Apple

6 pounds sugar
6 pounds fruit
1 pint water

Make a syrup of the sugar and water, and when it is boiling, add the apples, and cook until tender. Fill into jars.

Preserved Grapes

3 pounds sugar
4 pounds fruit

Pulp the grapes, simmer until soft; strain out the seeds; weigh the fruit skins and pulp, and boil 15 minutes. Seal up in glass jars.

Preserved Peach Tomatoes

4 pounds sugar
1 pint water
2 lemons
4 pounds fruit

Make a syrup of sugar and water, and when it has boiled, cook 2 pounds of fruit, at a time (from which the skin has been peeled) until transparent. When the fruit has all been cooked,

boil the syrup until thick, add the juice and grated rind of 2 lemons, reheat the fruit, and fill into jars.

Quince Preserves

Pare, quarter and core the quinces, saving the parings and cores. Put the quinces over the fire with just enough water to cover them, and simmer until they are soft not broken. Take them out and spread on dishes. Add the parings, removing seeds and cores, to the water in which the quinces were boiled, stew, closely covered for an hour, strain through a jelly bag, and to a pint of this liquor, allow 1 pound of sugar; boil up and skim it, put in the fruit and boil ¼ hour, and pour into jars.

Watermelon Rind Preserves

Peel the green rind from a melon and most of the pink, wash, weigh, put in a kettle and cover with cold water, set on the stove and bring slowly to a boil; simmer gently, until clear, lift from the water with a skimmer, add to the water as many pounds of sugar as you had fruit, and when the sugar has dissolved return the rind to the syrup, and cook until the rind is clear and red and the syrup rich, if the syrup boils away too much, before the rind is done, a little water may be added. If the flavor is liked, a lemon may be sliced and cooked with the preserves.

Blackberry Jam

1 pound sugar 1 pound fruit

Mash the fruit, add the sugar, and stand in porcelain-lined kettle over night. In the morning, boil 20 minutes, no more. Seal in glasses. Strawberry, currant, raspberry jams may be made in the same way.

Gingered Pears

7 pounds fruit
7 pounds sugar
1 ounce green ginger root
1 pint water
3 lemons, juice and rind

Soak the ginger in the water over night. Cut up the ginger, add it to the sugar and water in which the ginger was soaked, and let the sugar melt and add the pears, peeled and cut in small pieces, let it come to a boil, then simmer gently several hours, until the syrup is thick; it should be red when cooked. Seal up in jars.

Orange Marmalade

1 orange
1 lemon
1 grapefruit

Grind all in meat grinder, measure and put three times as much water and let stand until next day. The following day boil 10 minutes, add as much sugar as juice, cup for cup, and boil until it jellies about 1½ hour. This will make about 16 glasses.

Orange Marmalade

Slice the oranges very thin, and cut in small pieces, taking out all seeds. Measure, and allow 3 times as much cold water; let it stand 24 hours, then boil until tender. Let this stand until next day, to each cup of fruit allow 1 cup of sugar and boil gently, until the syrup thickens, which will be about an hour.

PICKLES

Sweet Pickled Cantaloupe

Prepare the fruit, pare, remove seeds, and slice and parboil with a pinch of alum, and to every seven pounds of fruit allow:

4 pounds sugar
1 pint vinegar
1 ounce cloves
1 ounce stick cinnamon
3 lemons sliced

Make a syrup of vinegar, sugar and spices, tied in cheese-cloth, put in the fruit, as soon as it looks clear and can stick a straw through it, take it out; let syrup boil well, then return the fruit and heat thoroughly before putting in jars. Apples, peaches, sickle pears, plums, quinces and watermelon may be pickled in the same way.

Spiced Cantaloupe

Prepare the fruit, pare, remove seeds, cut in sections, and to every 7 pounds of fruit allow:

4 pounds of sugar
½ ounce ginger root
2 teaspoonfuls ground allspice
1 pint vinegar
1 teaspoonful ground cloves
2 teaspoonfuls ground cinnamon
½ teaspoonful ground mace

Mix the spices, tie them tightly in a bag, with enough room to swell; put sugar, vinegar, spices and ginger in porcelain-lined kettle over the fire; when boiling, add the cantaloupe; take from the fire, stand in a cool place over night. Next day drain off liquor, and bring again to the boiling point, pour over the cantaloupe, and again stand aside until the next day. Continue to do this for nine consecutive days, and on the last day boil the cantaloupe until tender. The liquor must be boiled down until a thick syrup, and just enough to cover the fruit. Apples,

peaches, cherries, plums, quinces, watermelon may be spiced in the same way.

Sweet Pickled Peaches

1 pint cider vinegar
10 pounds of peaches
4 pounds of sugar
½ ounce cinnamon
½ teaspoonful of mace

Wash and rub the peaches, and stick them with cloves, about 8 to each peach. Make a syrup of vinegar, sugar and spices. Let boil for 3 minutes. Put in as much fruit as this will cover, and boil gently until tender, but not soft. Remove from kettle, and continue until all the fruit is used. Pour back from the jar all the syrup which has drained from the fruit and boil until it thickens. Pour over the fruit, and seal the jars. Fruit may be pared or not.

Cherries, Bottled, for Winter Use

Fill the bottles with good Morello cherries, without stems. Stand the bottles in water, and let it boil until the juice is up to the neck of the bottles; then take them out, cork them tight, and cover the corks with sealing wax.

Sweet Pickled Cherries

To pickle cherries with stalk and stone, cut the stalk to any length you like, prick with a needle 2 or 3 times. Boil 1 quart of sharp vinegar, with 3 pounds of sugar, skim it and pour while hot over 7 pounds of fruit, ounce each of cinnamon, cloves and allspice; tied in cheese-cloth bag. Let it remain 24 hours. The next day pour off the syrup, boil it again, and put back on the fruit, and stand another 24 hours, after which boil the whole, first scalding the syrup. When cold, put in jars, cover with the syrup, and seal. Damsons, plums and peaches may be pickled in the same way.

Pickled Damsons

7 pounds damsons, pricked thoroughly	½ ounce mace
5 pounds granulated sugar	½ ounce cinnamon
1 pint strong vinegar	½ ounce cloves

Put in the kettle alternate layers of fruit and sugar, heat slowly to a boil, add vinegar and spices, put in a bag. Boil 5 minutes, take out fruit with perforated skimmer, spread on dishes to cool. Boil syrup thick. Pack fruit in jars and pour syrup on, boiling hot, and seal. Put spices in a bag and leave in syrup until spiced enough to taste.

Sweet Cucumber Pickle.

Wipe the cucumbers well after taking out of brine; letting them soak a few days in fresh water, wipe dry, and cut in lengths or rings. Green them over the fire in weak vinegar, with grape leaves, as with other pickle; put a small piece of alum in while greening. Then take 7 pounds of cucumbers, 1 quart vinegar, 2½ pounds sugar, a little cinnamon, mace, pepper and plenty of celery seed. Boil the syrup, and pour over the cucumbers, three mornings in succession; the third and last time put the pickle in and let it boil a few minutes. With this receipt cucumbers can be used any time during the year. When fresh cucumbers are used, it is necessary to put them in weak salt water 24 hours before following the above. Black or red pepper can be used.

MISCELLANEOUS

Table of Weights and Measures.

A cupful is an even cup.

A spoonful is as rounding on top as the bowl underneath, liquids full to the brim.

A tablespoonful = ½ ounce of water.
25 drops = 1 teaspoonful.
3 teaspoonfuls = 1 tablespoonful.
2 teaspoonfuls = 1 dessertspoonful.
4 tablespoonfuls = 1 wineglass.
1 wineglass = ½ gill.
2 gills = 1 tumbler or cup.
1 tumbler or cup = ½ pint.
1 quart sifted flour = 1 pound.
5 cupfuls sifted flour = 1 pound.
3 cupfuls sugar = 1 pound.
4 cupfuls liquid = 1 quart.
1 pint closely packed butter = 1 pound.
1 tablespoonful butter = 1 ounce.
2 tablespoonfuls coffee = 1 ounce.
10 eggs average = 1 pound.
Butter size of an egg = 2 tablespoonfuls or 2 ounces.
1 tablespoonful of melted butter is measured after melting.
1 tablespoonful of butter melted is measured before melting.

Rules for Cooking Vegetables.

Young peas, green corn, spinach, tomatoes, asparagus, brussels sprouts, 20 minutes.

Rice, potatoes, macaroni, cauliflower, 20 to 30 minutes.

Young turnips, young beets, young carrots, squash, 45 minutes to 1 hour.

String beans, lima beans, oyster plant, 1 hour.

Winter Vegetables.

Potatoes, white, 30 minutes.
Sweet potatoes, 45 minutes.
Potatoes, baked, 1 hour.
Turnips, 2 hours.
Beets, 3½ hours.
Parsnips, 1 hour.
Carrots, 1½ hour.

Time Required for Cooking Meats.

Beef, rare, per pound, 10 to 12 minutes.
Beef, well done, per pound, 12 to 15 minutes.
Mutton, per pound, 15 minutes.
Veal, 25 minutes.

Poultry Roasted.

Large fowl will take ¾ hour.

Small fowl will take 20 minutes, basting frequently with butter.

A small turkey will take 1¼ hour.

A goose will take 1 hour.

Large turkeys or geese, 1½ to 2 hours. Each of the last should have the breast papered.

Partridges require 15 minutes; if large, 18 minutes.

Pigeons, 20 minutes.

Ducks, 1 hour.

Wild ducks, hot oven, ½ hour.

Boiling.

Mutton, turkey and chicken, per pound, 15 to 20 minutes.
Potted beef, per pound, 30 minutes.
Ham, per pound, 20 minutes.
Old fowl, per pound, 30 minutes.
Large fish, per pound, 12 to 15 minutes.
Tripe, per pound, 3 to 5 hours.

Broiling.

Steak, 1 inch thick, 8 to 10 minutes.
Steak, 1½ inch thick, 10 to 15 minutes.
Mutton chops, 8 to 12 minutes.
Spring chicken, 20 to 25 minutes.
Squabs, 10 to 15 minutes.
Shad, 15 to 25 minutes.
Small fish, 5 to 10 minutes.

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